DAVID LLOYD LEISURE - BECKENHAM - 0208 662 6160

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 10:00	Body Conditioning	Scc	Main Studio	
09:00 - 10:00	Pilates	Hol	Wellness Studio	
09:30 - 10:15	RPM	Hec	Cycle Studio	
10:00 - 10:45	Pilates Fitness	Hol	Wellness Studio	
10:00 - 11:00	Circuits	Hec	Main Studio	
10:30 - 11:15	Aqua	Scc	Main Pool	
11:30 - 12:30	Cardio Conditioning	Hec	Main Studio	
11:45 - 12:45	Senior Pilates	Hol	Wellness Studio	
13:00 - 14:30	Iyengar Yoga	Hol	Wellness Studio	
14:00 - 15:30	Indoor Bowls	Otc	Main Studio	
18:30 - 19:15	RPM	Hec	Cycle Studio	
19:45 - 20:45	RPM	Hec	Cycle Studio	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:15 - 08:15	RPM	Hec	Cycle Studio	
09:30 - 10:30	Body Attack	Hec	Main Studio	
09:30 - 10:30	Legs, Bums & Tums	Scc	Wellness Studio	
10:30 - 11:30	Body Balance	Hol	Wellness Studio	
10:30 - 11:30	Body Pump	Scc	Main Studio	
11:30 - 12:30	Total Body Workout	Hec	Main Studio	
18:00 - 18:45	Pilates	Hol	Wellness Studio	
18:45 - 19:45	Pilates	Hol	Wellness Studio	
19:00 - 19:45	RPM	Hec	Cycle Studio	
19:00 - 20:00	Group Exercise Welcome	Otc	Club Rm	
19:30 - 20:30	Body Attack	Hec	Main Studio	
20:30 - 21:30	Body Pump	Scc		

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:15 - 08:00	Body Pump	Scc	Main Studio	
09:00 - 09:45	RPM	Hec	Cycle Studio	
09:00 - 10:00	Cardio Conditioning	Hec	Main Studio	
09:30 - 10:30	Running Club	Otc	Club Rm	
10:00 - 11:00	Dance Fit	Otc	Main Studio	
10:30 - 11:15	Aqua	Scc	Main Pool	
10:30 - 11:30	Body Balance	Hol	Wellness Studio	
11:00 - 12:00	Total Body Workout	Hec	Main Studio	
11:30 - 12:30	Pilates	Hol	Wellness Studio	
13:30 - 14:30	Senior Conditioning	Scc	Main Studio	
15:00 - 16:30	Indoor Bowls	Otc	Main Studio	
18:30 - 19:30	Cardio Conditioning	Hec	Main Studio	
18:45 - 20:00	Thai Yoga	Hol	Wellness Studio	
19:15 - 20:00	RPM	Hec	Cycle Studio	
19:30 - 20:30	Body Combat	Hec	Main Studio	
20:00 - 21:00	Pilates	Hol	Wellness Studio	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 10:00	Body Pump	Scc	Main Studio	
09:00 - 10:00	Pilates	Hol	Wellness Studio	
10:00 - 10:45	RPM	Hec	Cycle Studio	
10:00 - 11:00	Tri Class	Hec	Main Studio	
10:00 - 11:15	Hatha Yoga	Hol	Wellness Studio	
11:00 - 12:00	JUKARI Fit to Flex	Otc	Main Studio	
11:30 - 12:30	Tai Chi	Hol	Wellness Studio	
14:00 - 15:00	Cardio Conditioning	Hec	Main Studio	
18:00 - 19:00	Pilates	Hol	Wellness Studio	
18:30 - 19:30	Body Pump	Scc	Main Studio	
19:00 - 20:00	Ballet Fusion	Dan	Wellness Studio	
19:30 - 20:15	Aqua	Scc	Main Pool	
19:30 - 20:30	Body Attack	Hec	Main Studio	
19:30 - 20:30	RPM	Hec	Cycle Studio	
20:00 - 20:55	Pilates Intermediate	Hol	Wellness Studio	
20:30 - 21:30	Body Balance	Hol	Main Studio	

KEY

£ Additional fee for this class
A Advanced class, experience required
S Designed for senior members
C Class is part of a course
* Adult class coincides with children's activity

LIFE. Be fit for it
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EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 10:00	Cardio Conditioning	Hec	Main Studio	
09:15 - 10:15	Group Cycling	Hec	Cycling Studio	
09:30 - 11:00	Iyengar Yoga	Hol	Wellness Studio	
10:00 - 11:00	Body Combat	Hec	Main Studio	
10:30 - 11:15	Aqua	Scc	Main Pool	
11:00 - 12:00	Senior Multi Circuits	Hec	Gym	
11:30 - 12:30	Pilates	Hol	Wellness Studio	
12:30 - 13:45	Thai Yoga	Hol	Wellness Studio	
18:30 - 19:00	Power Plate Taster	Otc	Gym	
19:00 - 20:00	Cardio Conditioning	Hec	Main Studio	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:30 - 09:45	Hatha Yoga	Hol	Wellness Studio	
09:00 - 10:00	Body Combat	Hec	Main Studio	
09:00 - 10:00	RPM	Hec	Cycle Studio	
10:00 - 11:00	Body Balance	Hol	Wellness Studio	
10:00 - 11:00	Body Pump	Scc	Main Studio	
11:00 - 12:00	Body Conditioning	Scc		
11:00 - 12:00	Body Step	Hec	Main Studio	
13:00 - 14:00	Show Time	Dan	Wellness Studio	
16:00 - 17:00	Cardio Conditioning	Hec	Main Studio	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:30	RPM	Hec	Cycle Studio	
10:00 - 11:00	Body Attack	Hec	Main Studio	
10:30 - 11:30	Pilates	Hol	Wellness Studio	
11:00 - 12:00	Body Pump	Scc	Main Studio	
11:30 - 12:30	Pilates	Hol	Wellness Studio	
16:30 - 18:00	Astanga Yoga	Hol		

FITNESS CLASS CATEGORY DESCRIPTIONS

HIGH ENERGY CLASSES (Hec):
High energy, high appeal. These classes are easily the fastest way to better fitness where you'll really enjoy feeling the burn.

HOLISTIC CLASSES (Hol):
Be more relaxed about getting fit. Holistic classes, like yoga, help improve your suppleness and flexibility. They're an excellent way to reduce your stress levels and keep fit at the same time.

DANCE CLASSES (Dan):
Feel the beat and feel better about doing exercise. There's nothing more rewarding than enjoying yourself so much you don't even know you've been working out. Join one of our exciting dance classes and you'll discover exactly what we mean. Dance to the music, learn some new moves, let yourself go. Living a healthier life has never been more fun.

STRENGTH & CONDITIONING CLASSES (Scc):
Have a better body just by having fun. Strength and conditioning classes are the perfect way to tone up your muscles and sculpt your body the way you'd like it to look. Whatever class you choose, we guarantee you'll find yourself loving every minute.

OTHER CLASSES (Otc):
A range of classes to help you enjoy exercise anytime.

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