DAVID LLOYD LEISURE - BELFAST - 0289 041 3300

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:35 - 10:20	Body Pump	Scc	Studio	
10:00 - 10:55	Aqua	Scc	Ind Pool	
10:30 - 11:15	Group Cycling	Hec	Cycling Area	
10:30 - 11:25	Stretch & Tone	Scc	Studio	
11:30 - 12:00	ViPR Course	Otc	Stretch Area	£
11:30 - 12:15	ViPR Taster	Otc	Stretch Area	
11:30 - 12:25	Pilates	Hol	Studio	
17:45 - 18:30	RPM	Hec	Cycling Area	
18:00 - 19:15	Yoga	Hol	Conf Rm	
18:30 - 19:25	Body Pump	Scc	Studio	
19:00 - 19:45	Power Plate Taster	Otc	Stretch Area	
19:00 - 19:55	Circuits	Hec	Bad Crt 1	
19:30 - 20:25	Body Balance	Hol	Studio	
20:00 - 21:00	Adult Football	Otc	Bad Crt 1	
20:10 - 21:05	Aqua	Scc	Ind Pool	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	RPM	Hec	Cycling Area	
09:35 - 10:30	Body Conditioning	Scc	Studio	
10:30 - 11:15	RPM	Hec	Cycling Area	
10:35 - 11:30	Body Vive	Scc	Studio	
11:30 - 12:15	JUKARI Fit to Flex	Otc	Studio	
18:15 - 19:00	Group Cycling	Hec	Cycling Area	
18:15 - 19:10	Pilates	Hol	Conf Rm	
18:30 - 19:15	Body Combat	Hec	Studio	
19:00 - 20:00	Adult Football	Otc	Bad Crt 1	
19:15 - 20:00	Group Cycling	Hec	Cycling Area	
19:30 - 20:25	Adult Swim	Otc	Ind Pool	
19:30 - 20:25	Body Pump	Scc	Studio	
20:00 - 20:55	Hatha Yoga	Hol	Conf Rm	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:15 - 08:00	Body Balance	Hol	Studio	
10:00 - 10:45	Group Exercise Welcome	Otc	Club Rm	
10:15 - 11:00	RPM	Hec	Cycling Area	
10:25 - 11:20	Body Vive	Scc	Studio	
11:00 - 11:55	Aqua	Scc	Ind Pool	
11:25 - 12:20	Body Balance	Hol	Studio	
17:45 - 18:30	RPM	Hec	Cycling Area	
18:00 - 19:00	Running Club	Otc	Sports Office	
18:15 - 19:00	ViPR Taster	Otc	Gym	
18:15 - 19:10	Body Attack	Hec	Studio	
18:45 - 19:30	Group Cycling	Hec	Cycling Area	
19:00 - 19:30	ViPR Course	Otc	Stretch Area	£
19:20 - 19:50	Abs & Stretch	Scc	Studio	
19:30 - 21:00	Astanga Yoga	Hol	Conf Rm	
19:50 - 20:45	Step	Hec	Studio	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:15 - 08:00	Body Pump	Scc	Studio	
09:00 - 09:55	Hatha Yoga	Hol	Conf Rm	
09:35 - 10:30	Body Pump	Scc	Studio	
10:30 - 11:15	RPM	Hec	Cycling Area	
10:40 - 11:25	JUKARI Fit to Flex	Otc	Studio	
11:35 - 12:30	Pilates	Hol	Studio	
17:30 - 18:15	Beginners Group Cycling	Hec	Cycling Area	
18:15 - 19:10	Body Pump	Scc	Studio	
18:30 - 19:15	RPM	Hec	Cycling Area	
18:30 - 19:25	Adult Swim	Otc	Ind Pool	
19:00 - 19:55	YogaMoves	Hol	Conf Rm	
19:00 - 20:00	Adult Football	Otc	Bad Crt 1	
19:25 - 20:10	Body Combat	Hec	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
07:15 - 08:00	Group Cycling	Hec	Cycling Area	
09:35 - 10:30	Body Conditioning	Scc	Studio	
09:45 - 10:30	RPM	Hec	Cycling Area	
10:15 - 11:00	ViPR Taster	Otc	Gym	
10:30 - 11:00	Abs & Stretch	Scc	Studio	
11:00 - 11:45	Body Combat	Hec	Studio	
11:00 - 11:55	Aqua	Scc	Ind Pool	
12:00 - 12:55	Pilates	Hol	Studio	
18:00 - 18:55	Circuits	Hec	Bad Crt 1	
18:15 - 19:00	Group Cycling	Hec	Cycling Area	
18:30 - 19:00	ViPR Course	Otc	Stretch Area	£
18:45 - 19:30	Body Balance	Hol	Studio	
19:30 - 20:25	Tai Chi	Hol	Studio	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:35 - 10:30	Body Combat	Hec	Studio	
10:00 - 10:45	RPM	Hec	Cycling Area	
10:35 - 11:20	Body Conditioning	Scc	Studio	
11:15 - 12:00	Group Exercise Welcome	Otc	Club Rm	
11:30 - 12:25	Body Balance	Hol	Studio	
17:00 - 17:45	RPM	Hec	Cycling Area	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
11:00 - 11:55	Body Pump	Scc	Studio	
11:00 - 11:55	Group Cycling	Hec	Cycling Area	
12:15 - 13:10	Body Balance	Hol	Studio	

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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