DAVID LLOYD - BRIGHTON - 01273 666 401

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.30	Body Balance	Hol	Studio 1	
09.00-09.30	Ballet Fit	Otc	Studio 1	
09.30-10.25	Ballet Fit	Otc	Studio 1	
09.30-10.25	Pilates Beginners	Hol	Studio 2	
10.00-10.45	Keiser Cycling	Hec	Cycling Studio	
10.30-11.15	Aqua	Scc	Pool	
10.30-11.25	Legs, Bums & Tums	Scc	Studio 1	
11.30-12.30	Body Balance	Hol	Studio 1	
12.30-13.25	Pilates Intermediate	Hol	Studio 1	
18.00-18.55	Conditioning	Scc	Studio 1	
18.00-18.55	Pilates Beginners	Hol	Studio 2	
18.30-19.25	Keiser Cycling	Hec	Cycling Studio	
19.00-20.00	Body Pump	Scc	Studio 1	
19.00-19.55	Pilates Intermediate	Hol	Studio 2	
19.00-21.00	Triathlon Fit	Otc	Bar	
20.00-21.15	Yoga	Hol	Studio 2	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.30	Circuits	Hec	Studio 1	
09.30-10.25	Legs, Bums & Tums	Scc	Studio 1	
09.30-10.30	Body Balance	Hol	Studio 2	
10.15-11.00	Aqua	Scc	Pool	
10.30-11.30	Body Jam	Dan	Studio 1	
11.30-12.30	Pilates Intermediate	Hol	Studio 1	
14.30-15.00	Circuits	Hec	Studio 1	
18.00-18.45	Step	Hec	Studio 1	
18.00-18.45	RPM	Hec	Cycling Studio	
18.00-18.55	Pilates	Hol	Studio 2	
18.45-19.30	Keiser Cycling	Hec	Cycling Studio	
18.45-19.45	Body Pump	Scc	Studio 1	
19.00-20.30	Dynamic Yoga	Hol	Studio 2	
19.45-20.45	Kick Boxing	Hec	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.30	Keiser Cycling	Hec	Cycling Studio	
09.30-10.30	Body Pump	Scc	Studio 1	
09.30-10.25	Keiser Cycling	Hec	Cycling Studio	
10.00-10.30	Group Exercise Welcome	Otc	Bar	
10.30-11.25	Latin Fit	Otc	Studio 1	
10.30-11.30	Body Balance	Hol	Studio 2	
11.30-13.00	Yoga	Hol	Studio 1	
11.45-12.30	Aqua	Scc	Pool	
18.00-18.45	RPM	Hec	Cycling Studio	
18.00-18.55	Pilates	Hol	Studio 2	
18.00-19.00	Body Combat	Hec	Studio 1	
19.00-19.45	Aqua	Scc	Pool	
19.00-19.55	Core Stability	Scc	Studio 2	
19.00-19.55	Circuits	Hec	Studio 1	
20.00-21.00	Body Jam	Dan	Studio 1	
20.00-21.00	Body Balance	Hol	Studio 2	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.30	Body Pump	Scc	Studio 1	
09.30-10.25	Keiser Cycling	Hec	Cycling Studio	
09.30-10.25	Yoga	Hol	Studio 1	
10.30-11.30	Body Pump	Scc	Studio 1	
10.45-12.15	Iyengar Yoga	Hol	Studio 2	
11.30-12.30	Jazzercise	Dan	Studio 1	
18.00-18.45	RPM	Hec	Cycling Studio	
18.00-18.55	Vinyasa Yoga	Hol	Studio 2	
18.00-19.00	Body Pump	Scc	Studio 1	
18.00-19.30	Lose & Shape Up	Otc	Bar	
19.00-19.45	Step	Hec	Studio 1	*
19.00-19.45	Abs & Back	Scc	Studio 2	*
19.45-20.45	Body Balance	Hol	Studio 2	

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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FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.30	Core Stability	Scc	Studio 1	
09.30-10.25	Legs, Bums & Tums	Scc	Studio 1	
10.00-10.45	Keiser Cycling	Hec	Cycling Studio	
10.00-10.45	Aqua	Scc	Pool	
10.30-11.25	Pilates Intermediate	Hol	Studio 1	
10.45-11.30	Aqua	Scc	Pool	
11.30-12.30	Body Balance	Hol	Studio 1	
17.30-18.30	Body Pump	Scc	Studio 1	
18.30-19.25	Boxercise	Hec	Studio 1	
18.30-20.00	Iyengar Yoga	Hol	Studio 2	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-10.45	Keiser Cycling	Hec	Cycling Studio	
10.00-11.00	Body Combat	Hec	Studio 1	
10.00-10.55	Pilates	Hol	Studio 2	
11.00-12.00	Body Pump	Scc	Studio 1	*

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.00-09.45	Aqua	Scc	Pool	*
09.00-10.30	Astanga Yoga	Hol	Studio 2	*
09.30-10.30	Body Pump	Scc	Studio 1	
09.30-10.15	RPM	Hec	Cycling Studio	
10.00-10.30	Group Exercise Welcome	Otc	Bar	
10.30-11.25	Step	Hec	Studio 1	*
10.30-11.25	Keiser Cycling	Hec	Cycling Studio	*
10.30-11.30	Body Balance	Hol	Studio 2	*
11.30-12.25	Circuits	Hec	Studio 1	*
12.30-13.25	Kick Boxing	Hec	Studio 1	

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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