DAVID LLOYD - BRISTOL - 01179531010

EXERCISE CLASS PROGRAMME JULY - AUGUST 2009

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0645-0715	Keiser Cycling Express	Hec	Cycle Area	
0930-1015	Keiser Cycling	Hec	Cycle Area	
0930-1030	Aqua	Scc	Pool	
0930-1030	Body Conditioning	Scc	Studio 2	
0930-1030	Pilates Fitness	Hol	Studio 1	
1015-1030	Core Stability	Scc	Gym	
1030-1130	Zumba	Dan	Studio 2	
1030-1135	Body Pump	Scc	Studio 1	
1130-1230	Yoga	Hol	Studio 2	
1800-1845	Keiser Cycling	Hec	Cycle Area	
1800-1900	Body Attack	Hec	Studio 2	
1830-1930	Weight Loss Course	Otc	Gym	£ C
1830-1930	Circuits	Hec	Studio 2	
1900-1915	Core Stability	Scc	Gym	
1900-1945	Keiser Cycling	Hec	Cycle Area	
1900-2005	Body Pump	Scc	Studio 1	
1930-2030	Circuits	Hec	Studio 2	
2005-2100	Body Balance	Hol	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0700-0755	Body Balance	Hol	Studio 1	
0930-1015	Keiser Cycling	Hec	Cycle Area	
0930-1030	Salsa Aerobics	Dan	Studio 1	
1000-1040	Senior Conditioning	Scc	Gym	
1000-1045	Pilates	Hol	Studio 2	
1015-1030	Core Stability	Scc	Gym	
1030-1130	Weight Loss Course	Otc	Gym	£ C
1030-1200	Yoga	Hol	Studio 1	
1045-1130	Aqua	Scc	Pool	
1045-1130	Pilates Intermediate	Hol	Studio 2	
1730-1800	Group Ex Welcome	Otc	Reception	
1800-1845	Keiser Cycling	Hec	Cycle Area	
1800-1900	Hatha Yoga	Hol	Studio 2	
1900-1945	Keiser Cycling	Hec	Cycle Area	
1900-2000	Circuits	Hec	Studio 2	
1900-1915	Core Stability	Scc	Gym	
1900-2000	Body Pump	Scc	Studio 1	
2000-2100	Pilates Fitness	Hol	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0700-0745	Circuits	Hec	Studio 2	
0930-1030	Vinyasa Yoga	Hol	Studio 1	
0930-1030	Body Combat	Hec	Studio 2	
1015-1030	Core Stability	Scc	Gym	
1030-1130	Body Vive	Scc	Studio 2	
1030-1130	Body Balance	Hol	Studio 1	
1040-1125	Keiser Cycling	Hec	Cycle Area	
1130-1230	Pre & Post Natal	Otc	Studio 2	
1300-1400	Group Ex Welcome	Otc	Reception	
1700-1745	Pilates Intermediate	Hol	Studio 1	
1745-1830	Pilates	Hol	Studio 1	
1830-1930	Running Club	Otc	Reception	
1900-1915	Core Stability	Scc	Gym	
1900-2000	Keiser Cycling	Hec	Cycle Area	
1900-2000	Legs, Bums & Tums	Scc	Studio 2	
1900-2000	Body Combat	Hec	Studio 1	
2000-2100	Hatha Yoga	Hol	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0930-1030	Body Sculpt	Scc	Studio 1	
0930-1030	Aqua	Scc	Pool	
1015-1030	Core Stability	Scc	Gym	
1030-1130	Body Balance	Hol	Studio 1	
1040-1125	Keiser Cycling	Hec	Cycling Area	
1130-1230	Pre & Post Natal	Otc	Studio 1	
1800-1900	Body Pump	Scc	Studio 1	
1800-1900	Running Club	Otc	Reception	
1830-1930	Body Combat	Hec	Studio 2	
1900-1915	Core Stability	Scc	Gym	
1900-2000	Back Care Fit	Otc	Gym	
1915-2000	Keiser Cycling	Hec	Cycling Area	
1930-2100	Yoga	Hol	Studio 1	

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
DAVIDLLOYD.CO.UK

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FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0930-1015	Keiser Cycling	Hec	Cycling Area	
0930-1030	Pilates Fitness	Hol	Studio 2	
0930-1030	Aqua	Scc	Pool	
0930-1030	Body Attack	Hec	Studio 1	
1015-1030	Core Stability	Scc	Gym	
1030-1130	Body Vive	Scc	Studio 2	
1830-1930	Circuits	Hec	Studio 2	
1900-1915	Core Stability	Scc	Gym	
1900-1945	Keiser Cycling	Hec	Cycling Area	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0900-1000	Tai Chi	Hol	Studio 1	
0900-1030	Hatha Yoga	Hol	Studio 2	A
1030-1130	Legs, Bums & Tums	Scc	Studio 2	
1040-1130	Keiser Cycling	Hec	Cycling Area	
1600-1700	Body Conditioning	Scc	Studio 1	
1700-1800	Abs & Stretch	Scc	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0930-1030	Body Attack	Hec	Studio 1	*
1000-1100	Pilates	Hol	Studio 2	*
1010-1040	Beginners Group Cycling	Hec	Cycling Area	*
1030-1130	Body Pump	Scc	Studio 1	
1045-1130	Keiser Cycling	Hec	Cycling Area	
1135-1235	Body Balance	Hol	Studio 1	
1600-1700	Body Combat	Hec	Studio 1	
1700-1800	Body Pump	Scc	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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