DAVID LLOYD LEISURE - CAMBRIDGE - 01223 401200

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Cycle Studio	
09:35 - 10:20	Legs, Bums & Tums	Scc	Studio 1	
10:35 - 11:05	Core Stability	Scc	Studio 2	
10:35 - 11:35	Body Balance	Hol	Studio 1	
11:45 - 12:30	Aqua	Scc	Ind Pool	
18:00 - 19:00	Yoga	Hol	Studio 2	
18:15 - 19:00	Body Pump	Scc	Studio 1	
18:30 - 19:00	Family Cycle	Hec	Cycling Studio	
19:00 - 20:00	Body Attack	Hec	Studio 1	
19:00 - 20:00	Group Cycling	Hec	Cycle Studio	
20:00 - 21:00	Body Balance	Hol	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Circuits	Hec	Studio 1	
09:25 - 09:55	Hula	Otc	Studio 1	
10:00 - 11:00	Body Pump	Scc	Studio 1	
11:00 - 11:45	Group Cycling	Hec	Cycle Studio	
11:00 - 12:00	Body Vive	Scc	Studio 1	
18:00 - 19:00	Body Combat	Hec	Studio 1	
19:00 - 19:45	Group Cycling	Hec	Cycle Studio	
19:00 - 20:00	Legs, Bums & Tums	Scc	Studio 1	
20:00 - 20:45	ViPR Taster	Otc	Studio 2	
20:00 - 21:00	Kick Boxing	Hec	Studio 1	£

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:30	Group Cycling	Hec	Cycle Studio	
09:30 - 10:30	Pilates Beginners	Hol	Studio 2	
09:35 - 10:35	Body Combat	Hec	Studio 1	
10:35 - 11:20	Group Cycling	Hec	Cycle Studio	
10:35 - 11:35	Pilates Intermediate	Hol	Studio 1	
11:45 - 12:15	JUKARI Fit to Flex	Otc	Studio 1	
11:45 - 12:30	Mature Movers	Otc	Gym	
18:15 - 19:00	Body Attack	Hec	Studio 1	
18:15 - 19:00	Body Balance	Hol	Studio 1	
18:15 - 19:00	Group Cycling	Hec	Cycle Studio	
19:00 - 20:00	Body Pump	Scc	Studio 1	
20:00 - 21:00	Body Balance	Hol	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Circuits	Hec	Studio 1	
10:00 - 11:00	Body Pump	Scc	Studio 1	
11:00 - 11:45	Group Cycling	Hec	Cycle Studio	
11:05 - 12:05	Yoga	Hol	Studio 1	
12:15 - 13:15	Body Vive	Scc	Studio 1	
17:25 - 17:55	Hula	Otc	Studio 1	
18:00 - 19:00	Body Pump	Scc	Studio 1	
19:00 - 19:45	Group Cycling	Hec	Cycle Studio	
19:00 - 20:00	Body Combat	Hec	Studio 1	
20:00 - 20:45	JUKARI Fit to Flex	Otc	Studio 1	
20:00 - 21:00	Yoga	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

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FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Group Cycling	Hec	Cycle Studio	
09:30 - 10:15	ViPR Taster	Otc	Studio 2	
09:35 - 10:20	Body Attack	Hec	Studio 1	
10:35 - 11:20	Legs, Bums & Tums	Scc	Studio 1	
10:35 - 11:35	Pilates Advanced	Hol	Studio 2	
11:45 - 12:30	Aqua	Scc	Ind Pool	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 10:00	Body Combat	Hec	Studio 1	
09:15 - 10:00	Group Cycling	Hec	Cycle Studio	
10:00 - 11:00	Body Pump	Scc	Studio 1	
10:35 - 11:35	Yoga	Hol	Studio 2	
12:15 - 13:00	Boxing Circuit	Otc	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 09:45	Circuits	Hec	Studio 1	
10:00 - 10:45	Group Cycling	Hec	Cycle Studio	
10:00 - 11:00	Aerobics	Hec	Studio 1	
11:00 - 11:30	Family Cycle	Hec	Cycling Studio	
11:00 - 12:00	Pilates Fitness	Hol	Studio 1	
18:00 - 19:00	Body Combat	Hec	Studio 1	
19:00 - 20:00	Body Balance	Hol	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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