DAVID LLOYD LEISURE - CARDIFF - 0292 046 0046

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Spin Studio	
09:30 - 10:30	Body Step	Hec	Studio 1	
09:35 - 10:20	Group Cycling	Hec	Spin Studio	
10:00 - 10:30	Body Balance Express	Hol	M&B Studio	
10:30 - 11:30	Body Balance	Hol	Mind & Body Studio	
11:30 - 12:15	Aqua	Scc	Pool	
13:00 - 14:15	Yoga	Hol	Mind & Body Studio	
17:15 - 17:45	Core Stability	Scc	M&B Studio	
17:30 - 18:15	Body Combat	Hec	Studio 1	
18:25 - 19:10	Body Conditioning	Scc	Studio 1	
18:30 - 19:15	Group Cycling	Hec	Spin Studio	
18:30 - 19:15	Pilates Beginners	Hol	Mind & Body Studio	
19:15 - 20:00	Pilates	Hol	Mind & Body Studio	
19:15 - 20:15	Circuits	Hec	Studio	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 08:00	Body Pump	Scc	Studio	
07:00 - 08:00	Master Swim	Otc	Pool	
09:00 - 10:00	Lose & Shape Up Course	Otc	Lloyd Rm	£
09:30 - 10:15	Zumba	Dan	Studio 1	
09:35 - 10:20	Group Cycling	Hec	Spin Studio	
10:00 - 11:00	Senior Conditioning	Scc	M&B Studio	
10:15 - 11:15	Body Conditioning	Scc	Studio 1	
11:15 - 12:00	Pilates	Hol	M&B Studio	
11:45 - 12:30	Pre & Post Natal	Otc	Pool	
17:45 - 18:45	Body Pump	Scc	Studio	
18:00 - 18:45	Group Cycling	Hec	Spin Studio	
18:00 - 19:00	Body Step	Hec	M&B Studio	
18:45 - 19:30	Group Cycling	Hec	Spin Studio	
19:00 - 20:00	Zumba	Dan	Studio 1	
19:30 - 20:30	Master Swim	Otc	Pool	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Spin Studio	
10:00 - 10:45	Group Cycling	Hec	Spin Studio	
10:00 - 10:45	Pilates Beginners	Hol	M&B Studio	
10:00 - 11:00	Body Step	Hec	Studio 1	
11:00 - 11:45	Aqua	Scc	Pool	
11:00 - 11:45	Body Conditioning	Scc	Studio 1	
17:30 - 18:00	Body Balance Express	Hol	M&B Studio	
18:00 - 19:00	Body Balance	Hol	Mind & Body Studio	
18:00 - 19:00	Circuits	Hec	Studio	
18:15 - 19:00	Group Cycling	Hec	Spin Studio	
19:00 - 20:00	Cardio Conditioning	Hec	Studio 1	
19:00 - 20:15	Yoga	Hol	Mind & Body Studio	
20:00 - 21:00	Body Pump	Scc	Studio	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 08:00	Body Pump	Scc	Studio 1	
09:30 - 10:15	Pilates	Hol	Mind & Body Studio	
09:30 - 10:15	Senior Multi Circuits	Hec	Studio 1	
10:00 - 10:45	Group Cycling	Hec	Spin Studio	
10:20 - 11:05	Body Attack	Hec	Studio 1	
10:30 - 11:15	Aqua	Scc	Pool	
11:05 - 12:05	Body Pump	Scc	Studio	
18:00 - 18:30	Beginners Group Cycling	Hec	Spin Studio	
18:00 - 18:45	Body Attack	Hec	Studio 1	
18:30 - 19:15	Group Cycling	Hec	Spin Studio	
19:00 - 20:00	Body Pump	Scc	Studio	
19:30 - 20:30	Kettle Bell	Scc	Mind & Body Studio	
20:00 - 21:00	Zumba	Dan	Studio 1	
20:30 - 21:30	Master Swim	Otc	Pool	

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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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Spin Studio	
09:30 - 10:15	Zumba	Dan	Studio 1	
10:00 - 11:15	Yoga	Hol	M&B Studio	
10:15 - 11:00	Body Conditioning	Scc	Studio 1	
17:30 - 18:30	Boxercise	Hec	Studio 1	
18:00 - 19:00	Group Cycling	Hec	Spin Studio	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:30 - 09:30	Body Balance	Hol	M&B Studio	
08:30 - 09:30	Master Swim	Otc	Pool	
09:25 - 10:25	Body Pump	Scc	Studio	
10:00 - 10:45	Group Cycling	Hec	Spin Studio	
10:30 - 11:30	Body Step	Hec	Studio 1	
10:30 - 11:30	Pilates Fitness	Hol	Mind & Body Studio	
10:45 - 11:30	Group Cycling	Hec	Spin Studio	
11:35 - 12:35	Zumba	Dan	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	Body Combat	Hec	Studio 1	
10:30 - 11:15	Body Attack	Hec	Studio 1	
10:35 - 11:20	Group Cycling	Hec	Spin Studio	
11:15 - 12:15	Body Pump	Scc	Studio	
17:30 - 18:25	Multi Circuits	Hec	Studio 1	
18:30 - 19:30	Master Swim	Otc	Pool	
18:30 - 19:45	Yoga	Hol	M&B 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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