DAVID LLOYD - CHEAM - 020 8786 3150

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.10-09.30	Abs & Back	Scc	Studio 1	
09.35-10.20	Conditioning	Scc	Studio 1	*
09.35-10.20	Groove FX	Dan	Studio 2	*
10.15-10.45	Beginners Group Cycling	Hec	Spinning Area	*
10.20-11.15	Stomp FX	Hec	Studio 1	*
11.15-12.10	Pilates	Hol	Studio 2	
12.15-13.45	Hatha Yoga	Hol	Studio 2	
12.30-13.15	Aqua	Scc	Pool	
18.30-19.25	Body Pump	Scc	Studio 1	
18.45-19.30	Keiser Cycling	Hec	Spinning Area	
18.45-19.40	Conditioning	Scc	Studio 1	
19.30-20.25	Keiser Cycling Advanced	Hec	Spinning Area	
19.30-20.25	Pilates	Hol	Studio 1	
19.45-20.40	Body Balance	Hol	Studio 2	
20.45-21.45	Master Swim	Otc	Pool	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.10-09.30	Abs & Back	Scc	Studio 1	
09.35-10.30	Body Attack	Hec	Studio 1	*
09.35-10.30	Conditioning	Scc	Studio 2	*
09.35-10.30	Mother & Baby	Otc	Creche	*
10.00-10.45	Keiser Cycling	Hec	Spinning Area	*
10.30-11.25	Pre & Post Natal Pilates	Hol	Creche	*
10.35-11.30	Body Balance	Hol	Studio 1	*
12.30-13.15	Aqua	Scc	Pool	
12.45-13.45	Group Exercise Welcome	Otc	Club Room	
13.30-14.25	Pilates	Hol	Studio 2	
18.30-19.15	Keiser Cycling	Hec	Spinning Area	
18.30-19.25	Body Attack	Hec	Studio 1	
19.30-20.25	Body Pump	Scc	Studio 1	
19.45-20.40	Yogalates	Hol	Studio 2	
20.00-21.00	Master Swim	Otc	Pool	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.30	Body Pump	Scc	Studio 1	
09.10-09.30	Abs & Back	Scc	Studio 2	
09.20-09.35	Introduction to Body Pump	Scc	Studio 1	
09.35-10.20	RPM	Hec	Spinning Area	*
09.35-10.30	Body Pump	Scc	Studio 1	*
10.35-11.20	Body Combat	Hec	Studio 1	*
11.15-12.10	Pilates	Hol	Studio 2	
12.30-13.25	Vinyasa Yoga	Hol	Studio 2	
18.45-19.30	Functional Conditioning	Scc	Studio 1	
19.00-19.45	RPM	Hec	Spinning Area	
19.00-19.55	Ski Fit	Otc	Gym	
19.30-20.25	Pilates	Hol	Studio 2	
19.30-20.25	Body Combat	Hec	Studio 1	
20.30-21.25	Introduction to Pilates	Hol	Studio 2	£

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.30	Keiser Cycling	Hec	Spinning Area	
09.10-09.30	Abs & Back	Scc	Studio 1	
09.35-10.30	Body Conditioning	Scc	Studio 2	*
10.30-11.25	Ashtanga Yoga	Hol	Studio 2	*
10.35-11.30	Body Pump	Scc	Studio 1	*
10.35-11.05	Keiser Cycling Express	Hec	Spinning Area	*
12.00-12.55	Pilates	Hol	Studio 2	
18.30-19.15	Conditioning	Scc	Studio 1	
19.00-19.45	Keiser Cycling	Hec	Spinning Area	
19.00-19.30	Adult Swim	Otc	Pool	
19.15-20.00	Zumba	Dan	Studio 2	
19.30.20.25	Multi Circuits	Hec	Sports Hall	
20.00-20.55	Pilates	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
08.30-09.25	Pilates	Hol	Studio 2	
09.10-09.30	Abs & Back	Scc	Studio 1	
09.35-10.30	Swiss Ball	Scc	Studio 2	*
09.35-10.30	Step	Hec	Studio 1	*
09.45-10.30	Keiser Cycling	Hec	Spinning Area	*
10.35-11.20	Conditioning	Scc	Studio 1	*
10.45-11.30	Boxercise	Hec	Sports Hall	*
11.15-12.00	Legs, Bums & Tums	Scc	Studio 1	
12.45-13.30	Aqua	Scc	Pool	
13.45-14.45	Group Exercise Welcome	Otc	Club Room	
18.20-19.15	Body Pump	Scc	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.00-09.55	Multi Circuits	Hec	Sports Hall	
10.00-10.55	Conditioning	Scc	Studio 1	
10.15-11.00	RPM	Hec	Spinning Area	
11.00-11.55	Body Attack	Hec	Studio 1	
17.00-18.00	Ballroom and Latin Dancing	Dan	Studio 1	£
18.00-19.30	Yoga Intermediate	Hol	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08.00-09.25	Vinyasa Yoga	Hol	Studio 1	
09.10-09.30	Abs & Back	Scc	Studio 2	
09.30-10.25	Body Combat	Hec	Studio 1	
09.45-10.30	Keiser Cycling	Hec	Spinning Area	
10.30-11.25	Body Pump	Scc	Studio 1	
12.00-12.55	Pilates	Hol	Studio 2	
12.00-12.55	Belly Dancing	Dan	Studio 1	£
13.00-13.55	Introduction to Pilates	Hol	Studio 2	£
16.00-16.45	RPM	Hec	Spinning Area	
16.00-16.55	Karate	Hec	Studio 1	£
17.00-17.55	Karate	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.

KEY

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