DAVID LLOYD LEISURE - CHEAM - 0208 786 3150

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:10 - 09:30	Abs & Back	Scc	Studio 1	
09:35 - 10:30	Body Conditioning	Scc	Studio 1	
10:30 - 11:00	Group Cycling	Hec	Cycling Area	
10:35 - 11:30	Body Attack	Hec	Studio 1	
19:00 - 19:30	ViPR Course	Otc	Sports H	
19:30 - 20:15	ViPR Taster	Otc	Gym	
20:00 - 21:00	Lose & Shape Up Course	Otc	Meeting Rm	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:10 - 09:30	Abs & Back	Scc	Studio 2	
09:20 - 09:35	Introduction to Body Pump	Scc		
09:35 - 10:30	Body Pump	Scc	Studio 1	
09:45 - 10:30	RPM	Hec	Spin Area	
10:30 - 11:15	JUKARI Fit to Flex	Otc	MPH	
10:35 - 11:20	Body Combat	Hec	Studio 1	
11:20 - 12:15	Pilates	Hol	Studio 2	
12:30 - 13:25	Vinyasa Yoga	Hol	Studio 2	
18:45 - 19:30	Aqua	Scc	Main Pool	
18:45 - 19:30	Functional Conditioning	Scc	Studio 1	
19:00 - 19:45	Group Cycling	Hec	Cycling Area	
19:00 - 19:55	Training Clubs	Otc	Gym Area 1	
19:30 - 20:25	Body Combat	Hec	Studio 1	

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	Body Conditioning	Scc	Studio 2	
09:35 - 10:30	Mother & Baby	Otc	Kids Zone	
10:00 - 10:55	Group Cycling	Hec	Cycling Area	
10:35 - 11:30	Body Balance	Hol	Studio 1	
12:30 - 13:15	Aqua	Scc	Main Pool	
13:45 - 14:40	Pilates	Hol	Studio 2	
18:00 - 19:00	Running Club	Otc	Outside	
18:30 - 19:15	Group Cycling	Hec	Cycling Area	
18:30 - 19:25	Adult Basketball	Otc	MPH	
18:30 - 19:25	Body Attack	Hec	Studio 1	
19:30 - 20:00	Power Plate	Scc	Gym Area 1	
19:30 - 20:25	Body Pump	Scc	Studio 1	
19:30 - 20:25	Pilates	Hol	Studio 2	
19:30 - 21:00	Tai Boxing	Hec	MPH	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Group Cycling	Hec	Cycling Area	
09:00 - 10:00	Lose & Shape Up Course	Otc	Meeting Rm	
09:10 - 09:30	Abs & Back	Scc	Studio 1	
09:35 - 10:30	Body Combat	Hec	Studio 1	
09:35 - 10:30	Body Conditioning	Scc	Studio 2	
10:35 - 11:05	Group Cycling	Hec	Cycling Area	
10:35 - 11:30	Astanga Yoga	Hol	Studio 2	
10:35 - 11:30	Body Pump	Scc	Studio 1	
18:30 - 19:15	Body Conditioning	Scc	Studio 1	
18:30 - 19:25	Body Conditioning	Scc	Studio 2	
19:00 - 19:45	Group Cycling	Hec	Cycling Studio	
19:15 - 20:00	Dance Fit	Otc	Studio 1	
19:30 - 20:25	Multi Circuits	Hec	Sports H	
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

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EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

David Lloyd

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:10 - 09:30	Abs & Back	Scc	Studio 1	
09:30 - 10:15	ViPR Taster	Otc	Gym	
09:35 - 10:30	Core Stability	Scc	Studio 2	
09:35 - 10:30	Step	Hec	Studio 1	
09:45 - 10:30	Group Cycling	Hec	Cycling Area	
10:35 - 11:20	Pilates Fitness	Hol	Studio 1	
10:45 - 11:30	Boxercise	Hec	Sports H	
11:20 - 12:05	Legs, Bums and Tums	Scc		
12:45 - 13:30	Aqua	Scc	Main Pool	
14:00 - 14:55	Group Exercise Welcome	Otc		
18:20 - 19:15	Body Pump	Scc	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:00 - 09:30	Vinyasa Yoga	Hol	Studio 2	
09:10 - 09:30	Abs & Back	Scc	Sports H	
09:30 - 10:25	Body Combat	Hec	Studio 1	
09:35 - 10:20	JUKARI Fit to Flex	Otc	Studio 2	
09:45 - 10:30	Group Cycling	Hec	Cycling Area	
10:30 - 11:25	Body Pump	Scc	Studio 1	
16:00 - 16:45	RPM	Hec	Spin Area	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 09:55	Multi Circuits	Hec	Sports H	
10:00 - 10:55	Body Conditioning	Scc	Studio 1	
10:15 - 11:00	RPM	Hec	Spin Area	

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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