DAVID LLOYD LEISURE - CHIGWELL - 0208 559 8466

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:30 - 07:15	Group Cycling	Hec	Cycle Studio	
09:00 - 09:45	RPM	Hec	Cycling Studio	
09:30 - 10:25	Senior Conditioning	Scc	Studio 2	
09:30 - 10:30	Cardio Conditioning	Hec	Studio 1	
09:45 - 10:30	RPM	Hec	Cycling Studio	
10:30 - 11:15	RPM	Hec	Cycling Studio	
10:30 - 11:25	Senior Conditioning	Scc	Studio 2	
10:30 - 11:30	Body Conditioning	Scc	Studio 1	
11:00 - 11:30	TRX Taster	Otc	Gym	
11:30 - 12:25	Body Pump	Scc	Studio 1	
11:30 - 12:25	Pilates	Hol	Studio 2	
11:45 - 12:30	Aqua	Scc	Pool	
18:00 - 18:45	Aerobics	Hec	Studio 2	
18:00 - 18:55	Zumba	Dan	Studio 1	
18:45 - 19:30	Body Conditioning	Scc	Studio 2	
19:00 - 19:55	Body Combat	Hec	Studio 1	
19:30 - 20:30	Lose & Shape Up	Otc	Studio 4	£
20:00 - 20:55	Body Pump	Scc	Studio 1	
20:00 - 21:30	Hatha Yoga	Hol	Studio 2	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 09:45	Functional Conditioning	Scc	Studio 1	
09:30 - 10:25	Step	Hec	Studio 2	
09:45 - 10:30	Total Body Workout	Hec	Studio 1	
10:15 - 11:00	Water Works	Otc	Pool	
10:30 - 11:15	RPM	Hec	Spin Studio	
10:30 - 11:25	Body Pump	Scc	Studio 1	
10:30 - 11:25	Boxercise	Hec	Studio 2	
11:30 - 12:25	Yoga	Hol	Studio 2	
11:45 - 12:40	Group Exercise Welcome	Otc	Club Rm	
17:30 - 18:25	Pilates	Hol	Studio 2	
18:45 - 19:30	Stomp FX	Hec	Studio 1	
19:00 - 19:55	Boxercise	Hec	Studio 2	
19:30 - 20:15	Group Cycling	Hec	Cycling Studio	
19:30 - 20:25	Body Pump	Scc	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	RPM	Hec	Cycling Studio	
09:30 - 10:25	Circuits	Hec	Studio 1	
09:45 - 11:00	Yoga	Hol	Studio 2	
10:30 - 11:00	Mother & Baby	Otc	Main Pool	
10:30 - 11:15	Abs & Stretch	Scc	Studio 1	
11:00 - 11:30	Mother & Baby	Otc	Main Pool	
11:00 - 11:55	Senior Conditioning	Scc	Studio 2	
12:00 - 12:55	YogaMoves	Hol	Studio 2	
19:00 - 19:30	Introduction to Body Pump	Scc	Rec	
19:00 - 19:45	Triathlon Class	Otc	Pool	
19:15 - 20:00	RPM	Hec	Cycling Studio	
19:30 - 20:25	Circuits	Hec	Studio 1	
19:45 - 20:30	Pilates	Hol	Studio 2	
19:45 - 20:40	Group Exercise Welcome	Otc	Club Rm	
20:00 - 20:45	Aqua	Scc	Pool	
20:30 - 21:25	Yoga	Hol	Studio 2	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:30 - 07:15	RPM	Hec	Spin Studio	
09:00 - 09:45	Stomp FX	Hec	Studio 2	
09:30 - 10:25	Body Conditioning	Scc	Studio 1	
09:45 - 10:30	Aerobics	Hec	Studio 2	
10:30 - 11:15	RPM	Hec	Cycling Studio	
10:30 - 11:25	Body Pump	Scc	Studio 1	
10:30 - 11:25	Stretch & Tone	Scc	Studio 2	
11:30 - 12:25	Yoga	Hol	Studio 2	
18:00 - 18:30	TRX Taster	Otc	Gym	
18:30 - 19:25	Body Pump	Scc	Studio 1	
18:30 - 19:25	Pilates	Hol	Studio 2	
19:30 - 20:15	RPM	Hec	Spin Studio	
19:30 - 20:25	Boxercise	Hec	Studio 2	
19:30 - 20:25	Zumba	Dan	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

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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 09:45	RPM	Hec	Cycling Studio	
09:30 - 10:25	Body Conditioning	Scc	Studio 2	
09:30 - 10:25	Senior Conditioning	Scc	Studio 1	
09:45 - 10:30	RPM	Hec	Cycling Studio	
10:30 - 11:00	Mother & Baby	Otc	Main Pool	
10:30 - 11:25	Circuits	Hec	Studio 1	
10:30 - 11:25	Zumba	Dan	Studio 2	
11:30 - 12:00	Stretch Class	Otc	Studio 1	
11:30 - 12:45	Yoga	Hol	Studio 2	
11:45 - 12:30	Aqua	Scc	Ind Pool	
13:00 - 13:55	Pilates	Hol	Studio 2	
19:00 - 19:45	RPM	Hec	Cycling Studio	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:30 - 09:15	RPM	Hec	Spin Studio	
09:30 - 10:15	RPM	Hec	Spin Studio	
09:30 - 10:25	Body Conditioning	Scc	Studio 1	
10:30 - 11:15	Group Cycling	Hec	Cycling Studio	
10:30 - 11:25	Zumba	Dan	Studio 1	
11:30 - 12:25	Body Pump	Scc	Studio 1	
11:30 - 12:25	Pilates	Hol	Studio 2	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:45 - 09:40	Circuits	Hec	Studio 1	
09:45 - 10:30	Group Cycling	Hec	Cycle Studio	
09:45 - 10:40	Circuits	Hec	Studio 1	
10:45 - 11:30	RPM	Hec	Spin Studio	
10:45 - 11:45	Cardio Conditioning	Hec	Studio 1	
11:45 - 12:40	Yoga	Hol	Studio 2	
12:45 - 13:30	Yoga Beginners	Hol	Studio 2	

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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