DAVID LLOYD LEISURE - DARTFORD - 01322 295950

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:15 - 10:10	Tri Class	Hec	Studio	
09:35 - 10:20	Group Cycling	Hec	Spin Studio	
09:35 - 11:35	Lose & Shape Up	Otc	Lounge	£
10:15 - 11:00	Legs, Bums & Tums	Scc	Studio	
10:45 - 11:30	Aqua	Scc	Ind Pool	
11:00 - 12:00	Body Balance	Hol	Studio	
18:00 - 18:30	Core Stability	Scc	Gym Area 1	
18:00 - 18:45	Zone Cycling	Hec	Spin Studio	
18:30 - 19:30	Step	Hec	Studio	
19:00 - 20:00	Ballroom & Latin Dancing	Dan	Func Rm	£
19:30 - 20:15	Aqua	Scc	Ind Pool	
19:30 - 20:25	Group Cycling	Hec	Spin Studio	
19:30 - 20:30	Lose & Shape Up Course	Otc	Lounge	£
19:30 - 20:30	Zumba	Dan	Studio	
20:00 - 21:00	Ballroom & Latin Dancing	Dan	Func Rm	£
20:00 - 21:30	Karate	Hec	Creche - Part A	£
20:30 - 21:25	Triathlon Class	Otc	Gym	
20:30 - 21:30	Lose & Shape Up Course	Otc	Studio	£
20:30 - 21:30	Pilates	Hol		

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:35 - 10:30	Aerobics	Hec	Studio	
09:35 - 10:35	Power Walking	Hec	Outside	£
10:00 - 10:30	TRX Taster	Otc	Gym	
10:35 - 11:30	Zumba	Dan	Studio	
10:40 - 11:25	Power Plate	Otc	Gym Desk	£
11:30 - 12:00	Power Plate Taster	Otc	Gym	
11:35 - 12:30	Yoga	Hol	Studio	
18:00 - 18:45	Body Pump Express	Scc	Studio	
18:15 - 19:00	Group Cycling	Hec	Spin Studio	
18:45 - 19:30	Body Combat Express	Hec	Studio	
19:00 - 20:00	Yoga	Hol	Func Rm	
19:15 - 20:00	Zone Cycling	Hec	Spin Studio	
19:30 - 20:15	Legs, Bums & Tums	Scc	Studio	
20:15 - 21:15	Circuits	Hec	Studio	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Group Cycling	Hec	Spin Studio	
09:30 - 10:25	Body Combat	Hec	Studio	
09:35 - 10:20	Aqua	Scc	Ind Pool	
09:35 - 10:20	Core Stability	Scc	Gym Area 1	
09:35 - 10:20	Group Cycling	Hec	Spin Studio	
10:30 - 11:00	ViPR Taster	Otc	Gym Desk	
10:30 - 11:30	Circuits	Hec	Gym	
10:35 - 11:35	Body Pump	Scc	Studio	
11:35 - 12:35	Yoga	Hol	Studio	
18:15 - 19:15	Body Balance	Hol	Studio	
19:00 - 19:45	Power Plate	Otc	Gym Desk	£
19:15 - 20:10	Boxing Circuit	Otc	Studio	
20:00 - 20:30	Power Plate Taster	Otc	Gym	
20:15 - 21:10	Zumba	Dan	Studio	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:35 - 10:30	Circuits	Hec	Studio	
10:35 - 11:30	Body Balance	Hol	Studio	
11:30 - 12:15	Legs, Bums & Tums	Scc	Studio	
12:00 - 12:30	Group Exercise Welcome	Otc	Lounge	
12:15 - 12:45	JUKARI Fit to Flex	Otc	Studio	
18:00 - 18:55	Body Pump	Scc	Studio	
19:00 - 19:45	Body Combat Express	Hec	Studio	
19:00 - 20:00	Walking Club	Otc	Outside	
19:15 - 19:45	ViPR Taster	Otc	Gym	
19:30 - 20:15	Group Cycling	Hec	Spin Studio	
19:45 - 20:30	ViPR Course	Otc	Studio	£
20:00 - 20:55	Triathlon Class	Otc	Gym	
20:30 - 21:30	Pilates	Hol	Studio	

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
06:45 - 07:30	Group Cycling	Hec	Spin Studio	
09:15 - 10:10	Body Pump	Scc	Studio	
09:35 - 10:20	Aqua	Scc	Ind Pool	
09:35 - 10:35	Circuits	Hec	Gym	
10:15 - 11:00	Step	Hec	Studio	
11:00 - 11:30	JUKARI Fit to Flex	Otc	Studio	
11:30 - 12:25	Zumba	Dan	Studio	
18:00 - 19:00	Yoga	Hol	Studio	
18:30 - 19:15	Group Cycling	Hec	Spin Studio	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:15 - 09:15	Circuits	Hec	Studio	
09:15 - 10:00	Body Pump Express	Scc	Studio	
09:35 - 10:20	Group Cycling	Hec	Spin Studio	
10:00 - 10:45	Aerobics	Hec	Studio	
10:35 - 11:20	Zone Cycling	Hec	Spin Studio	
10:45 - 11:40	Zumba	Dan	Studio	
12:30 - 13:25	Triathlon Class	Otc	Main Pool	
12:45 - 14:45	Family Karate	Hec	Studio	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:35 - 10:35	Body Combat	Hec	Studio	
10:30 - 11:15	Group Cycling	Hec	Spin Studio	
10:35 - 11:35	Body Pump	Scc	Studio	
11:00 - 11:30	TRX Taster	Otc	Gym	
11:35 - 12:30	Body Balance	Hol	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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