DAVID LLOYD LEISURE - EASTBOURNE - 01323 509 802

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Cycle Studio	
09:30 - 10:15	Group Cycling	Hec	Cycle Studio	
09:30 - 10:25	Body Pump	Scc	Studio 1	
09:30 - 10:25	Pilates	Hol	Studio 2	
10:30 - 11:25	Body Combat	Hec	Studio 1	
10:30 - 11:25	Legs, Bums and Tums	Scc	Studio 2	
11:30 - 12:25	Body Balance	Hol	Studio 2	
12:00 - 12:45	Aqua	Scc	Main Pool	
13:30 - 14:25	Stretch & Tone	Scc	Studio 1	
14:30 - 15:25	Chi Kung	Hol	Studio 1	
15:30 - 16:25	Chi Kung	Hol	Studio 2	
17:00 - 17:55	Body Combat	Hec	Studio 1	
18:00 - 18:45	Core Stability	Scc	Studio 2	
18:00 - 18:50	Family Circuits	Otc	Kids Zone	
18:00 - 18:55	Body Conditioning	Scc	Studio 1	
18:00 - 18:55	Group Cycling	Hec	Cycle Studio	
19:00 - 19:55	Belly Dancing	Dan	Studio 2	
19:00 - 19:55	Circuits	Hec	Kids Zone	
19:00 - 19:55	Zumba	Dan	Studio 1	
19:15 - 19:45	Group Exercise Welcome	Otc	Club Rm	
20:00 - 20:55	Body Attack	Hec	Studio 1	
20:00 - 20:55	Pilates	Hol	Studio 2	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:55	Group Cycling	Hec	Cycle Studio	
07:00 - 07:55	Yoga	Hol	Studio 2	
09:30 - 10:25	Body Jam	Dan	Studio 1	
09:30 - 10:25	Senior Conditioning	Scc	Studio 2	
10:30 - 11:25	Body Step	Hec	Studio 1	
10:30 - 11:25	Zumba	Dan	Studio 2	
11:45 - 12:40	Pilates	Hol	Studio 2	
12:00 - 12:45	Aqua	Scc	Main Pool	
17:00 - 17:55	Yoga	Hol	Studio 2	
18:00 - 18:55	Belly Dancing	Dan	Studio 2	
18:00 - 18:55	Body Combat	Hec	Studio 1	
18:00 - 18:55	Group Cycling	Hec	Cycle Studio	
19:00 - 19:45	ViPR Taster	Otc	Gym Area 2	
19:00 - 19:55	Body Pump	Scc	Studio 1	
19:00 - 19:55	Boxercise	Hec	Studio 2	
20:15 - 21:30	Hatha Yoga	Hol	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:40 - 07:40	Master Swim	Otc	Ind Pool	
07:00 - 07:45	Body Pump Express	Scc	Studio 1	
08:30 - 09:20	Pilates Beginners	Hol	Studio 1	
08:45 - 09:30	Core Stability	Scc	Studio 2	
09:30 - 10:15	Group Cycling	Hec	Cycle Studio	
09:30 - 10:25	Body Balance	Hol	Studio 2	
09:30 - 10:25	Salsa Aerobics	Dan	Studio 1	
10:30 - 11:25	Body Step	Hec	Studio 1	
10:30 - 11:25	Zumba	Dan	Studio 2	
12:00 - 12:45	Aqua Zumba	Dan	Pool	
14:00 - 14:55	Hatha Yoga	Hol	Studio 1	
15:00 - 15:30	Meditation	Hol	Studio 1	
17:00 - 17:55	Body Step	Hec	Studio 1	
18:00 - 18:55	Body Pump	Scc	Studio 1	
18:00 - 18:55	Circuits	Hec	Kids Zone	
19:00 - 19:45	Group Cycling	Hec	Cycle Studio	
19:00 - 19:55	Body Jam	Dan	Studio 1	
19:00 - 19:55	Chi Kung	Hol	Studio 2	
19:15 - 20:15	Adult Netball	Otc	Kids Zone	
20:00 - 20:45	Water Works	Otc	Pool	
20:00 - 20:55	Body Balance	Hol	Studio 2	
20:00 - 20:55	Body Combat	Hec	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Cycle Studio	
09:30 - 10:25	Legs, Bums and Tums	Scc	Studio 2	
09:30 - 10:25	Zumba	Dan	Studio 1	
10:30 - 11:25	Body Balance	Hol	Studio 2	
10:30 - 11:25	Body Pump	Scc	Studio 1	
11:30 - 12:25	Pilates	Hol	Studio 2	
12:00 - 12:45	Aqua	Scc	Main Pool	
13:30 - 14:45	Hatha Yoga	Hol	Studio 1	
17:00 - 17:45	Body Pump Express	Scc	Studio 1	
18:00 - 18:55	Body Attack	Hec	Studio 1	
18:00 - 18:55	Body Conditioning	Scc	Studio 2	
18:00 - 18:55	Group Cycling	Hec	Cycle Studio	
19:00 - 19:55	Body Balance	Hol	Studio 2	
19:00 - 19:55	Body Combat	Hec	Studio 1	
19:00 - 19:55	Running Club	Otc	Gym	
19:00 - 19:55	Tai Chi	Hol	Kids Zone	
20:00 - 21:00	Yoga Beginners	Hol	Studio 2	
20:10 - 21:05	Pilates	Hol	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
08:45 - 09:30	Core Stability	Scc	Studio 2	
09:30 - 10:15	Group Cycling	Hec	Cycle Studio	
09:30 - 10:25	Body Step	Hec	Studio 1	
09:30 - 10:25	Pilates	Hol	Studio 2	
10:30 - 11:00	Group Exercise Welcome	Otc	Club Rm	
10:30 - 11:25	Body Pump	Scc	Studio 1	
12:00 - 12:45	Water Works	Otc	Pool	
14:30 - 15:25	Chi Kung	Hol	Studio 2	
17:00 - 17:50	Family Circuits	Otc	Kids Zone	
18:00 - 18:55	Circuits	Hec	Kids Zone	
18:00 - 18:55	Zumba	Dan	Studio 1	
18:15 - 19:00	Group Cycling	Hec	Cycle Studio	
19:00 - 19:55	Body Pump	Scc	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:30 - 09:25	Pilates Intermediate	Hol	Studio 2	
08:45 - 09:40	Body Pump	Scc	Studio 1	
10:00 - 10:45	Group Cycling	Hec	Cycle Studio	
10:00 - 10:55	Body Step	Hec	Studio 1	
10:00 - 10:55	Yoga	Hol	Studio 2	
11:00 - 11:55	Body Attack	Hec	Studio 1	
11:05 - 12:00	Body Balance	Hol	Studio 2	
14:30 - 15:25	Zumba	Dan	Studio 2	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:30 - 09:45	Hatha Yoga	Hol	Studio 2	
09:00 - 09:45	Group Cycling	Hec	Cycle Studio	
10:00 - 10:55	Body Pump	Scc	Studio 1	
11:00 - 11:55	Body Combat	Hec	Studio 1	
17:00 - 17:55	Circuits	Hec	Gym	
19:00 - 20:00	Master Swim	Otc	Ind Pool	

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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