DAVID LLOYD LEISURE - EPSOM - 01372 747224

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	RPM	Hec	Cycling Area	
09:30 - 10:30	Body Pump	Scc	Studio 1	
10:00 - 10:45	Aqua	Scc	Ind Pool	
10:00 - 10:55	Pilates	Hol	Studio 2	
10:30 - 11:30	Step	Hec	Studio 1	
11:00 - 11:45	Core Stability	Scc	Studio 2	
11:30 - 12:25	Body Balance	Hol	Studio 1	
13:30 - 14:30	Line Dancing	Dan	Studio 1	
18:45 - 19:30	RPM	Hec	Cycling Area	
19:30 - 20:25	Body Combat	Hec	Studio 1	
19:30 - 20:25	Pilates	Hol	Studio 2	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Circuits	Hec	Studio 1	
09:30 - 10:15	RPM	Hec	Cycling Area	
09:30 - 10:25	Body Combat	Hec	Studio 1	
09:30 - 10:25	Pilates	Hol	Studio 2	
10:00 - 10:45	Aqua	Scc	Ind Pool	
10:30 - 11:30	Body Pump	Scc	Studio 1	
10:30 - 12:00	Hatha Yoga	Hol	Studio 2	
11:30 - 12:30	Body Jam	Dan	Studio 1	
18:30 - 19:15	Body Pump	Scc	Studio 1	
19:30 - 20:15	RPM	Hec	Cycling Area	
19:30 - 20:25	Pilates	Hol	Studio 2	
19:30 - 20:30	Circuits	Hec	Studio 1	
19:30 - 20:30	Running Club	Otc		

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:15 - 09:30	Introduction to Body Pump	Scc	Studio 1	
09:30 - 10:15	RPM	Hec	Cycling Area	
09:30 - 10:25	Pilates	Hol	Studio 2	
09:30 - 10:30	Body Pump	Scc	Studio 1	
10:30 - 11:00	Power Plate	Otc	Gym, Gym Area 1	
10:30 - 11:25	Body Attack	Hec	Studio 1	
11:30 - 12:00	Abs & Back	Scc	Gym Area 1	
11:30 - 12:30	Running Club	Otc		
12:00 - 12:45	Core Stability	Scc	Studio 2	
12:30 - 13:25	Body Combat	Hec	Studio 1	
18:30 - 19:15	Body Attack	Hec	Studio 1	
19:15 - 20:00	RPM	Hec	Cycling Area	
19:30 - 20:15	Aqua	Scc	Ind Pool	
19:30 - 20:25	Body Balance	Hol	Studio 2	
19:30 - 20:30	Body Pump	Scc		

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	RPM	Hec	Cycling Area	
09:30 - 10:25	Body Conditioning	Scc	Studio 1	
10:00 - 10:45	Aqua	Scc	Ind Pool	
10:00 - 10:55	Pilates	Hol	Studio 2	
10:30 - 11:25	Body Combat	Hec	Studio 1	
10:30 - 11:25	Boxercise	Hec	Studio 1	
10:30 - 11:30	Circuits	Hec	Gym	
11:00 - 12:30	Hatha Yoga	Hol	Studio 2	
11:30 - 12:30	Zumba	Dan	Studio 1	
12:45 - 13:40	JUKARI Fit to Flex	Otc	Studio 1	
18:30 - 19:25	Body Combat	Hec	Studio 1	
19:30 - 20:15	Group Cycling	Hec	Cycle Studio	
19:30 - 20:25	Pilates	Hol	Studio 2	
19:30 - 20:30	Body Jam	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 JULY - AUGUST 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Body Pump	Scc	Studio 1	
09:30 - 10:25	Pilates	Hol	Studio 2	
09:30 - 10:30	Body Pump	Scc	Studio 1	
10:30 - 11:15	Body Attack	Hec	Studio 1	
10:30 - 11:15	Group Cycling	Hec	Gym Area 1	
10:30 - 11:25	Body Balance	Hol	Studio 2	
12:30 - 13:15	Body Conditioning	Scc	Studio 1	
13:00 - 13:55	Pilates	Hol	Studio 2	
13:30 - 15:00	Line Dancing	Dan		
18:30 - 20:00	Hatha Yoga	Hol	Studio 2	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 09:55	Pilates	Hol	Studio 2	
09:15 - 10:15	Step	Hec	Studio 1	
09:30 - 10:15	RPM	Hec	Cycling Area	
10:15 - 10:30	Introduction to Body Pump	Scc	Studio 1	
10:30 - 11:25	Body Combat	Hec	Studio 2	
10:30 - 11:30	Body Pump	Scc	Studio 1	
11:30 - 12:25	Body Balance	Hol	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 11:00	Iyengar Yoga	Hol	Studio 2	
10:00 - 10:45	RPM	Hec	Cycling Area	
10:00 - 11:00	Body Pump	Scc	Studio 1	
11:00 - 11:55	Body Combat	Hec	Studio 1	
12:15 - 13:15	Tai Chi	Hol	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.

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