DAVID LLOYD LEISURE - FINCHLEY - 020 8492 2250

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:10	Core Stability	Scc	Studio 2	
09:45 - 10:25	Group Cycling	Hec	Studio 3	
10:00 - 10:55	Pilates Advanced	Hol	Studio 1	
10:30 - 11:25	Body Combat	Hec	Studio 2	
11:00 - 12:10	Astanga Yoga	Hol	Studio 1	
18:30 - 19:25	Body Conditioning	Scc	Studio 2	
19:00 - 19:45	Swimming Club	Otc	Pool	
19:30 - 20:25	Body Balance	Hol	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:55	Body Pump	Scc	Studio 2	
07:00 - 07:55	Tai Chi	Hol	Studio 1	
09:30 - 10:25	Body Pump	Scc	Studio 2	
09:45 - 10:25	Core Stability	Scc	Studio 1	
09:45 - 10:25	RPM	Hec	Studio 3	
10:30 - 11:25	Body Balance	Hol	Studio 1	
10:30 - 11:25	Body Conditioning	Scc	Studio 2	
11:00 - 11:40	Aqua	Scc	Main Pool	
11:30 - 12:25	Street Dance	Dan	Studio 2	
11:30 - 12:40	Hatha Yoga	Hol	Studio 1	
18:00 - 18:55	Body Vive	Scc	Studio 2	
18:15 - 18:55	RPM	Hec	Studio 3	
19:00 - 19:55	Body Pump	Scc	Studio 2	
19:00 - 19:55	Stretch & Tone	Scc	Studio 1	
20:00 - 20:40	Step	Hec	Studio 2	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:40	Group Cycling	Hec	Studio 3	
09:15 - 09:55	Body Attack	Hec	Studio 2	
09:15 - 10:25	Astanga Yoga	Hol	Studio 1	
10:00 - 10:55	Body Pump	Scc	Studio 2	
10:30 - 11:25	Senior Pilates	Hol	Studio 1	
11:00 - 11:40	RPM	Hec	Studio 3	
11:15 - 11:55	Senior Conditioning	Scc	Studio 2	
11:30 - 12:25	Pilates Intermediate	Hol	Studio 1	
12:00 - 12:55	Body Vive	Scc	Studio 2	
13:30 - 14:40	Iyengar Yoga	Hol	Studio 1	
18:15 - 19:10	Body Conditioning	Scc	Studio 2	
19:00 - 19:30	Lose & Shape Up Seminar	Otc	Restaurant	
19:00 - 19:40	Group Cycling	Hec	Studio 3	
19:00 - 19:45	Swimming Club	Otc	Pool	
19:00 - 19:55	Hatha Yoga	Hol	Studio 1	
19:15 - 20:10	Body Combat	Hec	Studio 2	
20:15 - 21:10	Zumba	Dan	Studio 2	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 08:10	Yoga	Hol	Studio 1	
09:15 - 09:55	Core Stability	Scc	Studio 2	
09:45 - 10:25	RPM	Hec	Studio 3	
10:00 - 10:40	Body Conditioning	Scc	Studio 2	
10:15 - 11:10	Pilates	Hol	Studio 1	
10:45 - 11:40	Body Combat	Hec	Studio 2	
11:00 - 11:30	Lose & Shape Up Seminar	Otc	Restaurant	
11:00 - 11:40	Aqua	Scc	Main Pool	
11:15 - 12:10	Tai Chi	Hol	Studio 1	
12:15 - 13:25	Hatha Yoga	Hol	Studio 1	
18:00 - 18:45	ViPR Taster	Otc	Gym	
18:15 - 18:55	Core Stability	Scc	Studio 2	
18:45 - 19:30	JUKARI Fit to Flex	Otc	Studio 1	
18:45 - 19:30	Power Plate Taster	Otc	Gym	
19:00 - 19:40	Aqua	Scc	Main Pool	
19:00 - 19:40	RPM	Hec	Studio 3	
19:00 - 19:45	Dance Fit	Otc	Studio 2	
19:30 - 20:25	Pilates Advanced	Hol	Studio 1	
19:45 - 20:40	Body Pump	Scc	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

LIFE. Be fit for it
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EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Multi Circuits	Hec	Studio 2	
09:30 - 10:10	Street Dance	Dan	Studio 2	
10:00 - 10:40	Aqua	Scc	Main Pool	
10:00 - 11:30	Pilates	Hol	Studio 1	
10:15 - 10:55	Legs, Bums & Tums	Scc	Studio 2	
11:00 - 11:55	Body Pump	Scc	Studio 2	
11:30 - 12:10	Body Balance Express	Hol	Studio 1	
12:15 - 13:10	YogaMoves	Hol	Studio 1	
18:45 - 19:40	Dance Fit	Otc	Studio 2	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 09:55	Pilates Intermediate	Hol	Studio 1	
10:00 - 10:40	RPM	Hec	Studio 3	
10:00 - 10:55	Pilates	Hol	Studio 1	
11:00 - 11:55	Body Pump	Scc	Studio 2	
11:00 - 11:55	Row Fit	Otc	Studio 3	
11:00 - 11:55	YogaMoves	Hol	Studio 1	
12:00 - 12:55	Body Balance	Hol	Studio 1	
12:00 - 12:55	Body Combat	Hec	Studio 2	
14:00 - 15:10	Iyengar Yoga	Hol	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 10:40	Body Attack	Hec	Studio 2	
11:00 - 11:55	Body Pump	Scc	Studio 2	
12:00 - 12:55	Body Combat	Hec	Studio 2	
12:15 - 13:25	Astanga Yoga	Hol	Studio 1	
12:30 - 13:10	RPM	Hec	Studio 3	
18:00 - 19:10	Hatha Yoga	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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