DAVID LLOYD - FULHAM - 0207 386 2201

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	Body Pump	Scc	Studio 1	
10.00-11.00	Pilates	Hol	Mind and Body	*
10.15-11.00	RPM	Hec	Cycle Studio	*
11.00-12.00	Dance	Dan	Mind and Body	S
11.00-12.00	Pre & Post Natel	Otc	Studio 1	
12.00-13.00	Hatha Yoga	Hol	Mind and Body	
12.15-13.00	Body Attack	Hec	Studio 1	
13.00-13.45	Conditioning	Scc	Studio 1	
13.00-13.30	Power Plate	Scc	Gym	
13.30-14.00	Power Plate	Scc	Gym	
18.30-19.30	Body Step	Hec	Studio 1	
18.30-19.30	RPM	Hec	Cycle Studio	
18.30-19.30	Pilates	Hol	Mind and Body	
19.00-20.00	Aqua	Scc	Pool	
19.30-20.15	RPM	Hec	Cycle Studio	
19.35-20.35	Body Jam	Dan	Mind and Body	
19.35-20.35	Body Pump	Scc	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	Body Pump	Scc	Studio 1	
07.00-07.45	Body Balance	Hol	Mind and Body	
10.00-11.00	Pilates	Hol	Mind and Body	*
11.00-12.00	Conditioning	Scc	Studio 1	
12.15-13.00	Body Combat	Hec	Studio 1	
13.30-14.30	Yoga	Hol	Mind and Body	
18.30-19.30	Body Balance	Hol	Mind and Body	
18.30-19.30	Body Pump	Scc	Studio 1	
18.30-19.15	RPM	Hec	Cycle Studio	
19.00-19.45	Aqua	Scc	Pool	
19.15-20.00	RPM	Hec	Cycle Studio	
19.30-20.30	Pilates	Hol	Mind and Body	
19.35-20.35	Body Attack	Hec	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	RPM	Hec	Cycle Studio	
07.45-08.00	Core Stability	Scc	Studio 1	
10.00-11.00	Aqua	Scc	Pool	
10.00-11.00	Body Pump	Scc	Studio 1	
11.00-12.00	Body Balance	Hol	Mind and Body	
12.15-13.00	Group Cycle	Hec	Cycle Studio	
12.30-13.30	Yoga	Hol	Mind and Body	
18.00-18.30	Core Stability	Scc	Studio 1	
18.00-18.30	Power Plate	Scc	Gym	
18.15-19.15	Pilates	Hol	Mind and Body	
18.30-19.20	RPM	Hec	Cycle Studio	
18.30-19.15	Body Attack	Hec	Studio 1	
19.00-19.45	Ski Fit	Otc	Gym	
19.15-20.30	Astanga Yoga	Hol	Mind and Body	A
19.20-20.00	Circuits	Hec	Studio 1	
19.20-20.05	Group Cycle	Hec	Cycle Studio	
20.00-20.45	Body Combat	Hec	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	Group Cycle	Hec	Cycle Studio	
10.00-11.00	Pilates	Hol	Mind and Body	
10.15-11.00	RPM	Hec	Cycle Studio	
10.15-11.00	Aqua	Scc	Pool	
11.00-12.00	Introduction to Yoga	Hol	Mind and Body	
12.15-13.00	Body Balance	Hol	Mind and Body	
12.15-13.00	Conditioning	Scc	Studio 1	
13.00-13.45	Group Cycle	Hec	Mind and Body	
18.15-19.00	Body Jam	Dan	Studio 1	
18.30-19.15	RPM	Hec	Cycle Studio	
18.30-19.30	Yoga	Hol	Mind and Body	
19.00-20.00	Body Combat	Hec	Studio 1	
19.30-20.30	Body Balance	Hol	Mind and Body	
20.00-21.00	Body Pump	Scc	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

LIFE. Be fit for it
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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-07.45	RPM	Hec	Cycle Stuido	
10.00-11.00	Iyengar Yoga	Hol		*
11.00-12.00	Circuits	Hec	Studio 1	
11.30-12.30	Pilates	Hol	Mind and Body	
12.15-13.00	Body Pump	Scc	Studio 1	
13.05.13.50	Body Step	Hec	Studio 1	
18.30-19.15	Group Cycle	Hec	Cycle Stuido	
18.30-19.15	Body Pump	Scc	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-10.15	Introduction to Body Pump	Otc	Studio 1	
10.15-11.15	Body Pump	Scc	Studio 1	
11.20-12.05	RPM	Hec	Cycle Studio	
11.30-12.30	Pilates	Hol	Mind and Body	
12.30-13.30	Body Balance	Hol	Mind and Body	
14.00-15.00	Yoga	Hol	Mind and Body	
16.00-17.00	Body Pump	Scc	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.45-10.00	Introduction to RPM	Otc	Cycle Studio	
10.00-10.50	RPM	Hec	Cycle Studio	
10.00-11.00	Body Pump	Scc	Studio 1	
10.15-11.00	Aqua	Scc	Pool	
11.00-12.00	Body Balance	Hol	Mind and Body	
11.00-12.00	Body Attack	Hec	Studio 1	
12.00-13.00	Dance	Dan	Studio 1	
12.00-13.00	Pilates	Hol	Mind and Body	

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.

KEY

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