DAVID LLOYD LEISURE - FULHAM - 0207 386 2202/07

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Body Pump	Scc	Main Studio	
10:00 - 10:55	Pilates	Hol	Mind & Body Studio	
10:15 - 11:00	Group Cycling	Hec	Cycling Area	
11:00 - 11:55	Zumba	Dan	Mind & Body Studio	
11:00 - 12:00	Pre & Post Natal	Otc	Main Studio	
12:00 - 12:55	Yoga	Hol	Mind & Body Studio	
12:15 - 13:00	Body Attack	Hec	Main Studio	
13:00 - 14:00	Body Conditioning	Scc	Main Studio	
18:30 - 19:15	Group Cycling	Hec	Cycling Area	
18:30 - 19:25	Body Step	Hec	Main Studio	
18:30 - 19:25	Pilates	Hol	Mind & Body Studio	
18:30 - 19:30	Lose & Shape Up	Otc		£
19:00 - 19:30	Abs & Back	Scc	Gym	
19:30 - 20:15	Group Cycling	Hec	Cycling Area	
19:35 - 20:30	Body Pump	Scc	Main Studio	
19:35 - 20:35	Body Combat	Hec	M&B Studio	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Cycling Area	
09:15 - 10:10	Aqua	Scc	Main Pool	
10:00 - 11:00	Body Pump	Scc	Main Studio	
10:00 - 11:00	Lose & Shape Up	Otc		£
11:00 - 11:45	Boxing Circuit	Otc		
11:00 - 11:55	Body Balance	Hol	Mind & Body Studio	
12:00 - 13:00	Lose & Shape Up	Otc		£
12:15 - 13:00	RPM	Hec	Cycling Area	
12:30 - 13:25	Yoga	Hol	Mind & Body Studio	
18:00 - 18:30	Core Stability	Scc	Main Studio	
18:00 - 18:30	Group Exercise Welcome	Otc	Lounge	
18:15 - 19:10	Pilates	Hol	Mind & Body Studio	
18:30 - 19:15	Body Attack	Hec	Main Studio	
18:30 - 19:15	Group Cycling	Hec	Cycling Area	
18:30 - 19:30	Triathlon Class	Otc		
19:15 - 20:00	Zumba	Dan		
19:15 - 20:10	Astanga Yoga	Hol	Mind & Body Studio	
19:20 - 20:05	Group Cycling	Hec	Cycling Area	
19:30 - 20:20	Ski Fit	Otc	Stretch Area	
20:00 - 20:45	Boxing Circuit	Otc		

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Body Balance	Hol	Mind & Body Studio	
07:00 - 07:45	Body Pump	Scc	Main Studio	
10:00 - 10:55	Body Combat	Hec	Studio 1	
10:00 - 10:55	Pilates	Hol	Mind & Body Studio	
10:30 - 11:00	Group Exercise Welcome	Otc	Lounge	
11:00 - 12:00	Body Conditioning	Scc	Main Studio	
12:00 - 12:55	Body Combat	Hec	Studio 1	
13:30 - 14:25	Yoga	Hol	Mind & Body Studio	
18:30 - 19:15	RPM	Hec	Cycling Area	
18:30 - 19:25	Body Balance	Hol	Mind & Body Studio	
18:30 - 19:25	Body Pump	Scc	Main Studio	
18:30 - 19:30	Triathlon Class	Otc	Rec	
19:30 - 20:25	Pilates	Hol	Mind & Body Studio	
19:35 - 20:20	Body Attack	Hec	Main Studio	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	RPM	Hec	Cycling Area	
09:15 - 10:00	Aqua	Scc	Pool	
10:00 - 10:55	Aerobics	Hec		
10:00 - 10:55	Pilates	Hol	M&B Studio	
10:00 - 11:00	Lose & Shape Up	Otc		£
10:15 - 11:00	RPM	Hec	Cycling Area	
11:00 - 11:55	Yoga	Hol	Mind & Body Studio	
12:00 - 13:00	Lose & Shape Up	Otc		£
12:15 - 13:00	Body Conditioning	Scc	Main Studio	
13:00 - 13:45	Group Cycling	Hec	Cycling Area	
13:00 - 13:55	Boxing Circuit	Otc	Main Studio	
18:15 - 19:00	Zumba	Dan	Main Studio	
18:30 - 19:15	RPM	Hec	Cycling Area	
18:30 - 19:25	Yoga	Hol	Mind & Body Studio	
19:00 - 19:55	Body Combat	Hec	Main Studio	
19:30 - 20:30	Pilates	Hol	Mind & Body Studio	
20:15 - 21:00	Body Pump	Scc	Main 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

LIFE. Be fit for it
DAVIDLLOYD.CO.UK

DAVID LLOYD LEISURE - FULHAM - 0207 386 2202/07

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Cycling Area	
10:00 - 10:55	Astanga Yoga	Hol	Mind & Body Studio	
10:00 - 11:00	Body Pump	Scc	Main Studio	
11:05 - 12:00	Body Attack	Hec	Main Studio	
11:30 - 12:25	Pilates	Hol	Mind & Body Studio	
13:00 - 13:45	Multi Circuits	Hec	Studio 1	
18:30 - 19:15	Group Cycling	Hec	Cycling Area	
18:30 - 19:30	Lose & Shape Up	Otc		£

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 10:45	Aqua	Scc	Main Pool	
10:00 - 10:45	RPM	Hec	Cycling Area	
10:00 - 11:00	Body Pump	Scc	Main Studio	
11:00 - 11:55	Body Attack	Hec	Main Studio	
11:00 - 11:55	Body Balance	Hol	Mind & Body Studio	
12:00 - 12:55	Pilates	Hol	Mind & Body Studio	
12:05 - 13:00	Zumba	Dan		

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:10 - 11:10	Body Pump	Scc	Main Studio	
10:30 - 11:25	Body Balance	Hol	Mind & Body Studio	
11:15 - 12:15	Zumba	Dan	Main Studio	
11:20 - 12:05	Group Cycling	Hec	Cycling Area	
11:30 - 12:25	Pilates	Hol	Mind & Body Studio	
13:00 - 13:55	Yoga	Hol	Mind & Body Studio	
16:00 - 17:00	Body Pump	Scc	Main 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.

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
DAVIDLLOYD.CO.UK