

# DAVID LLOYD LEISURE - GIDEA PARK - 01708 463250

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012



## MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 09:30	Lose & Shape Up Seminar	Otc	Func Rm	
09:30 - 10:00	Power Plate Taster	Otc	Gym	
09:30 - 10:15	Aqua	Scs	Ind Pool	
09:30 - 10:30	Latin Fit	Otc	Dance Studio	
09:30 - 10:30	RPM	Hec	Spin Studio	
09:30 - 11:30	Lose & Shape Up	Otc	Conf Rm	
10:00 - 10:30	Abs & Back	Scs	Gym	
10:00 - 10:30	TRX Taster	Otc	Gym 1	
10:30 - 11:00	VIPR Taster	Otc	Gym	
10:30 - 11:30	Body Pump	Scs	Dance Studio	
10:30 - 11:30	Total Body Workout	Hec	Spin Studio	
11:30 - 12:30	Coffee Club	Otc	Club Rm	
11:30 - 12:30	Yoga	Hol	Dance Studio	
18:30 - 19:15	Family Cycle	Hec	Spin Studio	
18:30 - 19:30	Circuits	Hec	Dance Studio	
19:00 - 20:00	Row Fit	Otc	Gym	
19:30 - 20:30	Body Pump	Scs	Dance Studio	
19:30 - 20:30	Zone Cycling	Hec	Spin Studio	
20:30 - 21:30	Pilates	Hol	Dance Studio	

## TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Circuits	Hec	Gym	
09:30 - 10:00	Power Walking	Hec	Gym	
09:30 - 10:15	Aqua	Scs	Ind Pool	
09:30 - 10:30	Body Attack	Hec	Dance Studio	
09:30 - 10:30	Zone Cycling	Hec	Spin Studio	
10:30 - 11:15	JUKARI Fit to Flex	Otc	Spin Studio	
10:30 - 11:15	Salsa Aerobics	Dan	Dance Studio	
10:30 - 11:30	Running Club	Otc	Road Running- Meeting Point Gym	
11:15 - 12:00	Body Conditioning	Scs	Dance Studio	
11:15 - 12:00	Zumba Gold	Otc	Spin Studio	
12:00 - 13:00	Pilates	Hol	Dance Studio	
17:30 - 18:15	Family Zumba (11yrs +)	Dan	Dance Studio	
18:30 - 19:30	Body Pump	Scs	Dance Studio	
18:30 - 19:30	Group Cycling Advanced	Otc	Spin Studio	
19:30 - 20:30	Body Attack	Hec	Dance Studio	
20:00 - 21:00	Yoga	Hol	Spin Studio	
20:30 - 21:30	Boxercise	Hec	Dance Studio	

## WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Group Cycling	Hec	Spin Studio	
09:30 - 10:15	Aqua Zumba	Dan	Ind Pool	
09:30 - 10:30	Latin Fit	Otc	Dance Studio	
09:30 - 10:30	RPM	Hec	Spin Studio	
10:30 - 11:15	Legs, Bums & Tums	Scs	Dance Studio	
10:30 - 11:30	Body Balance	Hol	Spin Studio	
11:30 - 12:15	Cheerobics	Hec	Dance Studio	
12:30 - 13:15	Circuits	Hec	Dance Studio	
17:30 - 18:15	Family Circuits	Otc	Dance Studio	
18:30 - 19:00	Lose & Shape Up Seminar	Otc	Cinema Rm	
18:30 - 19:00	Power Plate Taster	Otc	Gym	
18:30 - 19:30	Circuits	Hec	Dance Studio	
18:30 - 19:30	Group Cycling Advanced	Otc	Spin Studio	
18:30 - 20:30	Lose & Shape Up	Otc	Conf Rm	£
19:00 - 19:30	Power Walking	Hec	Gym	
19:00 - 19:30	TRX Taster	Otc	Gym 1	
19:30 - 20:00	VIPR Taster	Otc	Gym	
19:30 - 20:30	Body Combat	Hec	Dance Studio	
20:30 - 21:30	Body Pump	Scs	Dance Studio	
20:30 - 21:30	JUKARI Fit to Flex	Otc	Spin Studio	

## THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Circuits	Hec	Gym	
09:30 - 10:15	Aqua	Scs	Ind Pool	
09:30 - 10:30	Group Cycling	Hec	Spin Studio	
09:30 - 10:30	Step	Hec	Dance Studio	
10:00 - 11:00	Row Fit	Otc	Gym	
10:30 - 11:30	Body Pump	Scs	Dance Studio	
11:30 - 12:30	Yoga Beginners	Hol	Dance Studio	
12:30 - 13:15	Legs, Bums & Tums	Scs	Dance Studio	
13:30 - 14:15	Aqua	Scs	Ind Pool	
18:30 - 19:15	Group Cycling	Hec	Spin Studio	
18:30 - 19:30	Zumba	Dan	Dance Studio	
19:00 - 20:00	Running Club	Otc	Road Running- Meeting Point Gym	
19:30 - 20:15	RPM Express	Hec	Spin Studio	
19:30 - 20:30	Body Pump	Scs	Dance Studio	
19:30 - 20:30	Triathlon Class	Otc	Meeting Point - Gym Desk	
20:30 - 21:30	Body Balance	Hol	Dance 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

