DAVID LLOYD LEISURE - GLASGOW WEST END - 0141 586 9090

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Group Cycling	Hec	Cycling Area	
09:30 - 10:15	Group Cycling	Hec	Cycling Area	
09:30 - 10:15	Salsa Aerobics	Dan	Kids Zone	
09:30 - 10:25	Body Combat	Hec	Studio	
10:30 - 11:15	Aqua	Scc	Ind Pool	
10:30 - 11:25	Body Pump	Scc	Studio	
10:30 - 11:30	Pilates	Hol	Kids Zone	
12:00 - 13:00	Yoga	Hol	Kids Zone	
18:00 - 18:30	Group Cycling	Hec	Cycle Zone	
18:15 - 19:05	Circuits	Hec	Studio	
18:40 - 19:40	Group Cycling	Hec	Cycling Area	
19:00 - 19:45	Pilates	Hol	Kids Zone	
19:10 - 20:05	Body Attack	Hec	Studio	
20:00 - 20:45	Body Balance	Hol	Kids Zone	
20:15 - 21:10	Body Combat	Hec	Studio	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	Body Balance	Hol	Kids Zone	
09:30 - 10:15	Circuits	Hec	Studio	
10:20 - 10:50	Abs & Back	Scc	Studio	
10:20 - 11:05	Zone Cycling	Hec	Cycling Area	
18:00 - 19:00	Street Dance	Dan	Kids Zone	
18:15 - 19:00	Body Pump	Scc	Studio	
18:15 - 19:00	Group Cycling	Hec	Cycling Area	
19:10 - 20:05	Body Combat	Hec	Studio	
19:10 - 20:10	Zone Cycling	Hec	Cycling Area	
20:15 - 21:00	Body Balance	Hol	Kids Zone	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Group Cycling	Hec	Cycling Area	
09:30 - 10:15	Pilates	Hol	Kids Zone	
09:30 - 10:15	Zumba	Dan	Studio	
10:15 - 11:10	Body Step	Hec	Studio	
10:30 - 11:15	Aqua	Scc	Ind Pool	
10:30 - 11:15	Group Cycling	Hec	Cycling Area	
10:30 - 11:30	Astanga Yoga	Hol	Kids Zone	
18:00 - 18:30	Group Cycling	Hec	Cycle Zone	
18:15 - 19:00	Body Combat	Hec	Studio	
18:40 - 19:40	Group Cycling	Hec	Cycling Area	
19:05 - 20:00	Body Step	Hec	Studio	
19:15 - 20:00	Body Balance	Hol	Kids Zone	
20:00 - 21:00	Yoga	Hol	Kids Zone	
20:10 - 21:05	Body Pump	Scc	Studio	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	Group Cycling	Hec	Cycling Area	
09:30 - 10:25	Body Attack	Hec	Studio	
10:30 - 11:15	Aerobics	Hec	Studio	
10:30 - 11:15	Body Balance	Hol	Kids Zone	
11:15 - 11:45	Mature Movers	Otc	Studio	
18:15 - 19:00	Body Pump	Scc	Studio	
18:15 - 19:00	Group Cycling	Hec	Cycling Area	
18:15 - 19:00	Pilates	Hol	Kids Zone	
19:00 - 20:00	Astanga Yoga	Hol	Kids Zone	
19:05 - 20:00	Body Combat	Hec	Studio	
20:10 - 21:00	Circuits	Hec	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
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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Group Cycling	Hec	Cycling Area	
09:30 - 10:15	Pilates	Hol	Kids Zone	
09:30 - 10:15	Zone Cycling	Hec	Cycling Area	
09:30 - 10:25	Body Combat	Hec	Studio	
10:30 - 11:15	Aqua	Scc	Ind Pool	
10:30 - 11:25	Body Pump	Scc	Studio	
17:30 - 18:30	Yoga	Hol	Kids Zone	
18:15 - 19:00	Group Cycling	Hec	Cycling Area	
18:30 - 19:25	Body Pump	Scc	Studio	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:15 - 09:00	Circuits	Hec	Studio	
09:00 - 09:45	Pilates Advanced	Hol	Kids Zone	
09:05 - 10:00	Body Step	Hec	Studio	
10:00 - 10:45	Group Cycling Advanced	Otc	Cycling Area	
10:00 - 10:45	Pilates	Hol	Kids Zone	
10:05 - 11:00	Body Combat	Hec	Studio	
11:00 - 12:00	Group Cycling & Abs	Otc	Cycling Area	
11:05 - 12:00	Body Pump	Scc	Studio	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:30	Yoga	Hol	Kids Zone	
10:00 - 10:45	Group Cycling	Hec	Cycling Area	
11:00 - 11:55	Body Pump	Scc	Studio	
12:10 - 13:10	Zumba	Dan	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.

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