DAVID LLOYD LEISURE - HESTON - 020 8573 9378

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
18:30 - 20:00	Yoga	Hol	Studio 2	
19:00 - 19:55	Adult Basketball	Otc	Bad Crt 1, 2 & 3, Sports H	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:55	Body Pump	Scc	Studio 1	
10:00 - 10:55	Body Pump	Scc	Studio 1	
11:00 - 11:45	Body Combat	Hec	Studio 1	
11:00 - 11:55	Aerobics	Hec	Studio 2	
12:15 - 13:10	Body Balance	Hol	Studio 2	
18:00 - 18:55	Body Pump	Scc	Studio 1	
19:00 - 19:55	JUKARI Fit to Flex	Otc	Studio 2	
19:00 - 20:30	Yoga	Hol	Studio 3	
19:15 - 20:10	Boxercise	Hec	Studio 1	
20:00 - 20:55	Lose & Shape Up Course	Otc	Studio 2	
20:15 - 21:00	Body Combat	Hec	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Multi Circuits	Hec	Studio 1	
10:05 - 11:00	Legs, Bums and Tums	Scc	Studio 1	
11:00 - 11:55	Zumba	Dan	Studio 1	
12:00 - 12:55	Pilates	Hol	Studio 2	
12:15 - 13:10	JUKARI Fit to Flex	Otc	Studio 1	
17:00 - 17:45	Group Cycling	Hec	Spin Studio	
17:00 - 17:55	Group Exercise Welcome	Otc	Lounge	
18:00 - 18:55	Body Balance	Hol	Studio 2	
18:00 - 18:55	Body Combat	Hec	Studio 1	
19:00 - 19:55	Multi Circuits	Hec	Studio 1	
19:00 - 19:55	Yoga	Hol	Studio 2	
19:15 - 20:00	Aqua	Scc	Ind Pool	
19:45 - 20:40	Group Cycling Advanced	Otc	Spin Studio	
20:00 - 20:55	Body Jam	Dan	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:55	Pilates	Hol	Studio 2	
09:30 - 10:15	ViPR Course	Otc	Studio 2	
10:00 - 10:55	Body Pump	Scc	Studio 1	
11:00 - 11:55	Body Jam	Dan	Studio 1	
11:00 - 11:55	Body Vive	Scc	Studio 2	
11:15 - 12:00	Group Cycling	Hec	Spin Studio	
12:30 - 13:25	Multi Circuits	Hec	Studio 1	
17:00 - 17:55	Legs, Bums and Tums	Scc	Studio 1	
18:00 - 18:55	Body Combat	Hec	Studio 1	
18:15 - 19:10	Belly Dancing	Dan	Studio 2	
18:15 - 19:10	RPM	Hec	Spin Studio	
19:00 - 19:55	Running Club	Otc	Gym	
19:15 - 20:10	Pilates	Hol	Studio 2	
19:30 - 20:25	Body Conditioning	Scc	Studio 1	
20:30 - 22:00	Yoga	Hol	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 - 07:55	Body Combat	Hec	Studio 1	
10:05 - 10:50	Aqua	Scc	Pool	
10:05 - 11:00	Step	Hec	Studio 1	
11:00 - 11:55	Body Combat	Hec	Studio 1	
11:00 - 12:00	Group Exercise Welcome	Otc	Club Rm	
11:30 - 12:25	Pilates	Hol	Studio 2	
12:15 - 13:10	Body Pump	Scc	Studio 1	
18:00 - 18:55	Body Pump	Scc	Studio 1	
19:00 - 19:55	Zumba	Dan	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 09:45	Body Combat	Hec	Studio 1	
10:05 - 11:00	Group Cycling Advanced	Otc	Spin Studio	
10:05 - 11:00	Step	Hec	Studio 1	
11:00 - 11:55	Hatha Yoga	Hol	Studio 3	
12:30 - 13:25	Adult Basketball	Otc	Bad Crt 1, 2 & 3, Sports H	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:15 - 10:10	Body Conditioning	Scc	Studio 1	
10:30 - 11:25	Body Combat	Hec	Studio 1	
10:30 - 11:25	Group Cycling Advanced	Otc	Spin Studio	
11:45 - 12:30	Aqua	Scc	Main Pool	
13:00 - 13:55	Lose & Shape Up Course	Otc	Campus	
14:00 - 14:55	Lose & Shape Up Course	Otc	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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