DAVID LLOYD LEISURE - HIGH WYCOMBE - 01628 524411

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:35	Group Cycling	Hec	Spin Studio	
09:30 - 10:30	Body Attack	Hec	None	
09:30 - 10:30	Group Cycling	Hec	Cycle Studio	
09:30 - 10:30	Pilates	Hol	Mind & Body Studio	
10:15 - 11:00	Aqua	Scc	Ind Pool	
10:30 - 11:00	Abs & Back	Scc	Gym Stretch Area	
10:30 - 11:30	Pilates	Hol	Mind & Body Studio	
10:35 - 11:35	Body Pump	Scc	Main Studio	
11:45 - 12:40	Body Balance	Hol	Main Studio	
14:00 - 15:00	Pilates	Hol	Mind & Body Studio	
18:00 - 18:30	Power Plate	Scc	Power Plate Zone	£
18:00 - 18:55	Body Conditioning	Scc	Main Studio	
18:00 - 19:00	Pilates	Hol	Mind & Body Studio	
19:00 - 19:30	Abs & Back	Scc	Gym Stretch Area	
19:00 - 19:45	Aqua	Scc	Ind Pool	
19:00 - 19:55	Body Combat	Hec	Main Studio	
19:00 - 19:55	Tai Chi	Hol	Mind & Body Studio	
19:00 - 20:00	Group Cycling	Hec	Cycle Studio	
20:00 - 20:55	Zumba	Dan	Main Studio	
20:00 - 21:00	Ballet Fusion	Dan	M&B Studio	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:55	Body Attack	Hec	Main Studio	
08:30 - 09:30	Group Cycling	Hec	Cycle Studio	
09:30 - 10:30	Body Pump	Scc	Main Studio	
09:30 - 10:30	Pilates	Hol	Mind & Body Studio	
09:30 - 11:00	Power Walking	Hec	Outside	
10:00 - 10:30	Abs & Back	Scc	Gym Stretch Area	
10:35 - 11:30	Body Combat	Hec	Main Studio	
10:45 - 11:30	Pre & Post Natal	Otc	M&B Studio	
11:00 - 11:45	Aqua	Scc	Ind Pool	
11:40 - 12:40	Zumba	Dan	Main Studio	
12:00 - 12:30	Group Exercise Welcome	Otc	Club Rm	
12:00 - 13:30	Iyengar Yoga	Hol	Mind & Body Studio	
13:30 - 14:30	Pilates	Hol	Mind & Body Studio	
15:00 - 15:55	Tai Chi	Hol	Mind & Body Studio	
16:00 - 17:00	Yoga Beginners	Hol	Main Studio	
18:00 - 19:00	Pilates	Hol	Mind & Body Studio	
18:30 - 19:25	Body Attack	Hec	Main Studio	
18:30 - 19:30	Group Cycling	Hec	Cycle Studio	
19:00 - 19:30	Abs & Back	Scc	Gym Stretch Area	
19:00 - 20:00	Yoga	Hol	Mind & Body Studio	
19:30 - 21:30	Lose & Shape Up	Otc	Conf Rm	£
19:35 - 20:35	Body Pump	Scc	Main Studio	
20:00 - 21:00	Pilates	Hol	Mind & Body Studio	

KEY

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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:25	Body Conditioning	Scc	Main Studio	
09:30 - 10:25	JUKARI Fit to Flex	Otc	Mind & Body Studio	
09:30 - 10:30	Group Cycling	Hec	Cycle Studio	
10:30 - 11:00	Hula	Otc	Main Studio	
10:30 - 11:00	Stretch & Tone	Scc	Gym Stretch Area	
10:30 - 11:15	Aqua	Scc	Ind Pool	
10:30 - 11:30	Pilates	Hol	Mind & Body Studio	
11:00 - 11:30	Hula	Otc	Main Studio	
11:30 - 12:25	Body Balance	Hol	Main Studio	
11:30 - 12:30	Pilates	Hol	Mind & Body Studio	
12:30 - 13:30	Core Stability	Scc	Mind & Body Studio	
17:30 - 18:00	Group Exercise Welcome	Otc	Club Rm	
18:00 - 19:00	Circuits	Hec	Main Studio	
18:00 - 19:00	Pilates	Hol	Mind & Body Studio	
19:00 - 19:55	Body Balance	Hol	Mind & Body Studio	
19:00 - 19:55	Boxercise	Hec	Main Studio	
19:00 - 20:00	Group Cycling	Hec	Cycle Studio	
19:30 - 20:00	Stretch & Tone	Scc	Gym	
20:30 - 21:30	Salsa Aerobics	Dan	Main Studio	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 08:00	Circuits	Hec	Main Studio	
09:30 - 10:25	Body Combat	Hec	Main Studio	
09:30 - 10:30	Core Stability	Scc	Mind & Body Studio	
09:30 - 10:30	Group Cycling	Hec	Cycle Studio	
10:30 - 11:00	Power Plate	Scc	Power Plate Zone	£
10:30 - 11:00	Stretch & Tone	Scc	Gym Stretch Area	
10:30 - 12:00	Iyengar Yoga	Hol	Mind & Body Studio	
10:35 - 11:35	Body Pump	Scc	Main Studio	
11:45 - 12:40	Salsa Dancing	Dan	Main Studio	
12:00 - 13:00	Pilates	Hol	Mind & Body Studio	
13:00 - 14:00	Pilates	Hol	Mind & Body Studio	
18:00 - 18:45	Hula	Otc	Main Studio	
18:30 - 19:30	Group Cycling	Hec	Cycle Studio	
18:45 - 19:30	Zumba	Dan	Main Studio	
19:00 - 19:30	Stretch & Tone	Scc	Gym Stretch Area	
19:00 - 19:45	Aqua	Scc	Ind Pool	
19:00 - 20:00	Pilates	Hol	Mind & Body Studio	
19:30 - 20:25	Body Balance	Hol	Main Studio	
20:00 - 21:00	Pilates	Hol	Mind & Body Studio	

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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Boxercise	Hec	Main Studio	
09:30 - 10:30	Group Cycling	Hec	Cycle Studio	
09:30 - 10:30	Pilates	Hol	Mind & Body Studio	
09:30 - 10:45	Circuits	Hec	Main Studio	
10:30 - 11:00	Abs & Back	Scc	Gym Stretch Area	
10:30 - 11:15	Aqua	Scc	Ind Pool	
10:50 - 11:45	Body Balance	Hol	Main Studio	
11:00 - 12:00	Pilates	Hol	Mind & Body Studio	
11:50 - 12:45	Zumba	Dan		
13:00 - 14:00	Pilates	Hol	Mind & Body Studio	
18:00 - 18:30	ViPR Course	Otc	Stretch Area	£
18:30 - 19:25	Zumba	Dan	Main Studio	
18:30 - 19:30	Group Cycling	Hec	Cycle Studio	
18:30 - 20:00	Adult Football	Otc	Centre Crt, Out Crt 1	
19:30 - 20:25	Hatha Yoga	Hol	Main Studio	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:30 - 09:00	Group Cycling	Hec	Cycle Studio	
09:00 - 09:30	Body Pump	Scc	Main Studio	
09:30 - 10:25	Body Attack	Hec	Main Studio	
09:30 - 10:25	JUKARI Fit to Flex	Otc	Mind & Body Studio	
09:30 - 10:30	Group Cycling	Hec	Cycle Studio	
10:15 - 11:00	Aqua	Scc	Ind Pool	
10:35 - 11:35	Body Pump	Scc	Main Studio	
11:15 - 12:15	Pilates	Hol	Mind & Body Studio	
14:00 - 15:00	Zumba	Dan	Main Studio	
15:00 - 15:55	Body Balance	Hol	Main Studio	

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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 09:55	Vinyasa Yoga	Hol	M&B Studio	
09:10 - 10:10	Body Pump	Scc	Main Studio	
10:15 - 11:15	Group Cycling	Hec	Cycle Studio	
10:30 - 11:30	Zumba	Dan	Main Studio	
17:00 - 17:55	Hatha Yoga	Hol	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.

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