DAVID LLOYD LEISURE - IPSWICH - 01473 717600

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:40 - 07:30	RPM	Hec	Cycling Studio	
09:30 - 10:30	Body Balance	Hol	Studio 2	
09:30 - 10:30	Dance Fit	Otc	Studio 1	
10:30 - 11:30	Body Conditioning	Scc	Studio 1	
10:30 - 11:30	RPM	Hec	Cycle Studio	
11:30 - 12:30	Pilates	Hol	Studio 2	
12:30 - 13:15	Zumba	Dan	Studio 1	
17:30 - 18:00	Abs & Back	Scc	Studio 1	
18:00 - 19:00	Body Combat	Hec	Studio 1	
18:00 - 19:00	Pilates	Hol	Studio 2	
18:00 - 19:00	Triathlon Bike	Otc	Cycling Studio	
19:00 - 20:00	Body Balance	Hol	Studio 1	
19:00 - 20:00	Boot Camp	Hec		
19:00 - 20:00	Step	Hec	Studio 2	
19:10 - 20:00	RPM	Hec	Cycling Studio	
20:00 - 21:00	Zumba	Dan	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:40 - 07:30	RPM	Hec	Cycling Studio	
09:30 - 10:30	Body Conditioning	Scc	Studio 1	
09:30 - 10:30	Yoga	Hol	Studio 2	
10:00 - 10:30	Power Plate Taster	Otc	Gym	
10:30 - 11:15	Aqua	Scc	Ind Pool	
10:35 - 11:35	Boxercise	Hec	Studio 1	
17:10 - 18:10	Body Pump	Scc	Studio 1	
18:15 - 19:05	RPM	Hec	Cycling Studio	
18:15 - 19:15	Body Combat	Hec	Studio 1	
18:30 - 19:00	Power Plate Taster	Otc	Gym	
19:00 - 20:00	Triathlon Swim	Otc	Main Pool	
19:15 - 20:15	Legs, Bums & Tums	Scc	Studio 1	
19:15 - 20:15	Yoga	Hol	Studio 2	
19:30 - 20:30	Lose & Shape Up	Otc	Meeting Rm	£

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:40 - 07:30	Pilates	Hol	Studio 2	
09:30 - 10:15	Aqua	Scc	Ind Pool	
09:30 - 10:30	Body Balance	Hol	Studio 2	
09:30 - 10:30	Body Pump	Scc	Studio 1	
10:30 - 11:30	Lose & Shape Up	Otc	Meeting Rm	£
10:35 - 11:25	RPM	Hec	Cycling Studio	
10:35 - 11:35	Pilates	Hol	Studio 2	
10:35 - 11:35	Zumba	Dan	Studio 1	
17:30 - 18:00	Abs & Back	Scc	Studio 1	
18:00 - 18:50	RPM	Hec	Cycling Studio	
18:00 - 19:00	Body Balance	Hol	Studio 2	
18:00 - 19:00	Step	Hec	Studio 1	
19:00 - 20:00	Boot Camp	Hec		
19:05 - 20:05	Body Pump	Scc	Studio 1	
19:30 - 20:30	Pilates	Hol	Studio 2	
20:10 - 20:55	Body Combat Express	Hec	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:20	RPM	Hec	Cycling Studio	
09:30 - 10:30	Legs, Bums & Tums	Scc	Studio 1	
10:00 - 10:30	ViPR Taster	Otc		
10:30 - 11:30	Pilates	Hol	Studio 2	
10:35 - 11:35	Body Combat	Hec	Studio 1	
17:55 - 18:55	Body Pump	Scc	Studio 1	
18:00 - 19:00	Yoga	Hol	Studio 2	
19:00 - 19:30	ViPR Taster	Otc		
19:00 - 20:00	Zumba	Dan	Studio 1	
19:10 - 20:10	Group Cycling	Hec	Spin Studio	
19:15 - 20:15	Pilates	Hol	Studio 2	
20:05 - 21:05	Circuits	Hec	Studio 1	

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

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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:40 - 07:30	RPM	Hec	Cycling Studio	
09:30 - 10:20	RPM	Hec	Cycle Studio	
09:30 - 10:30	Body Balance	Hol	Studio 2	
09:30 - 10:30	Boxercise	Hec	Studio 1	
10:00 - 10:45	Aqua	Scc	Ind Pool	
10:35 - 11:35	Body Pump	Scc	Studio 1	
12:00 - 13:00	Triathlon Swim	Otc	Ind Pool	
17:30 - 18:20	RPM	Hec	Cycle Studio	
17:30 - 18:30	Step	Hec	Studio 1	
18:30 - 19:30	Body Pump	Scc	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 10:00	Body Combat	Hec	Studio 1	
09:00 - 10:00	Pilates	Hol	Studio 2	
10:00 - 11:00	Fight Klub	Otc	Studio 2	£
10:05 - 11:05	Body Pump	Scc	Studio 1	
10:05 - 11:05	Group Cycling	Hec	Spin Studio	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:30	Body Balance	Hol	Studio 2	
09:30 - 10:30	Body Pump	Scc	Studio 1	
10:35 - 11:35	Body Combat	Hec	Studio 1	
10:40 - 11:30	RPM	Hec	Cycle 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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