DAVID LLOYD - KENSINGTON - 020 7341 6400

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45 - 07.30	RPM	Hec	Cycle Zone	
09.35 - 10.30	Body Balance	Hol	Mind & Body	
10.05 - 11.00	Step	Hec	Energy Zone	
10.30 - 11.15	Aqua	Scc	Pool	
11.00 - 12.00	Body Pump	Scc	Energy Zone	
11.05 - 12.30	Yoga	Hol	Mind & Body	
12.00 - 12.15	Abs & Back	Scc	Gym B2	
12.00 - 13.00	Body Sculpt	Scc	Energy Zone	
12.40 - 13.00	Power Plate	Scc	Gym 1st Floor	
18.30 - 18.45	Abs & Back	Scc	Gym B2	
18.30 - 19.30	Body Pump	Scc	Energy Zone	
18.30 - 19.30	Body Balance	Hol	Mind & Body	
19.00 - 20.00	Lose & Shape Up	Otc	Reception	£,C
19.10 - 19.30	Power Plate	Scc	Gym 1st Floor	
19.30 - 20.30	Body Combat	Hec	Energy Zone	
19.30 - 20.30	Keiser Cycling & Abs	Hec	Cycle Zone	
19.30 - 21.00	Yoga	Hol	Mind & Body	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45 - 07.30	Keiser Cycling	Hec	Cycle Zone	
09.35 - 10.20	Keiser Cycling	Hec	Cycle Zone	
09.35 - 10.30	Body Balance	Hol	Mind & Body	
10.05 - 11.00	Body Sculpt	Scc	Energy Zone	
10.35 - 11.30	Pilates	Hol	Mind & Body	
11.30 - 12.30	Belly Dancing	Dan	Mind & Body	
12.00 - 12.15	Abs & Back	Scc	Gym B2	
12.30 - 13.15	Boxing Fit	Otc	Energy Zone	
12.40 - 13.00	Power Plate	Scc	Gym 1st Floor	
13.30 - 15.00	Astanga Yoga	Hol	Mind & Body	
18.30 - 18.45	Abs & Back	Scc	Gym B2	
18.30 - 19.30	Body Combat	Hec	Energy Zone	
18.30 - 19.25	Pilates	Hol	Mind & Body	
18.45 - 19.30	RPM	Hec	Cycle Zone	
19.30 - 20.30	Dance with David Lloyd	Dan	Energy Zone	
19.30 - 20.30	Lose & Shape Up	Otc	Gym 1st Floor	
19.30 - 21.00	Yoga	Hol	Mind & Body	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45 - 07.30	Body Pump	Scc	Energy Zone	
09.35 - 10.20	Keiser Cycling	Hec	Cycle Zone	
09.35 - 10.30	Pilates	Hol	Mind & Body	
09.35 - 10.20	Pre & Post Natal	Otc	Energy Zone	
10.30 - 11.15	Aqua	Scc	Pool	
10.35 - 11.30	Legs, Bums & Tums	Scc	Energy Zone	
10.35 - 12.00	Yoga	Hol	Mind & Body	
12.00 - 12.15	Abs & Back	Scc	Gym B2	
12.40 - 13.00	Power Plate	Scc	Gym 1st Floor	
18.30 - 18.45	Abs & Back	Scc	Gym B2	
18.30 - 19.30	Yoga	Hol	Mind & Body	
18.45 - 19.30	Step	Hec	Energy Zone	
19.10 - 19.30	Power Plate	Scc	Gym 1st Floor	
19.30 - 20.30	Boxing Fit	Otc	Activity Zone	
19.30 - 20.30	Body Pump	Scc	Energy Zone	
19.30 - 20.30	Pilates	Hol	Mind & Body	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45 - 07.30	Keiser Cycling	Hec	Cycle Zone	
09.35 - 10.20	Keiser Cycling	Hec	Cycle Zone	
09.35 - 10.30	Dance Fit	Dan	Energy Zone	
10.05 - 11.00	Pilates	Hol	Mind & Body	
10.30 - 11.15	Aqua	Scc	Pool	
10.35 - 11.30	Body Pump	Scc	Energy Zone	
11.35 - 12.30	Stretch & Tone	Scc	Energy Zone	
12.00 - 12.15	Abs & Back	Scc	Gym B2	
12.40 - 13.00	Power Plate	Scc	Gym 1st Floor	
13.00 - 14.30	Yoga	Hol	Mind & Body	
18.30 - 18.45	Abs & Back	Scc	Gym B2	
18.30 - 19.30	Body Pump	Scc	Energy Zone	
19.10 - 19.30	Power Plate	Scc	Gym 1st Floor	
19.30 - 21.00	Astanga Yoga	Hol	Mind & Body	

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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FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.35 - 10.30	Body Balance	Hol	Mind & Body	
09.35 - 10.30	Body Pump	Scc	Energy Zone	
10.30 - 11.15	Aqua	Scc	Pool	
10.35 - 11.30	Step	Hec	Energy Zone	
12.00 - 12.15	Abs & Back	Scc	Gym B2	
12.40 - 13.00	Power Plate	Scc	Gym 1st Floor	
18.30 - 18.45	Abs & Back	Scc	Gym B2	
18.30 - 19.30	Total Body Workout	Hec	Energy Zone	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.30 - 11.15	Keiser Cycling	Hec	Cycle Zone	
11.00 - 12.30	Yoga	Hol	Mind & Body	
11.20 - 12.20	Body Pump	Scc	Energy Zone	
12.00 - 12.15	Abs & Back	Scc	Gym B2	
15.00 - 16.30	Astanga Yoga	Hol	Mind & Body	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.05 - 11.00	Pilates	Hol	Mind & Body	
10.05 - 11.30	Step	Hec	Energy Zone	
11.05 - 12.00	Body Balance	Hol	Mind & Body	
11.05 - 12.00	Body Pump	Scc	Energy Zone	
11.05 - 12.00	Keiser Cycling	Hec	Cycle Zone	
12.00 - 12.15	Abs & Back	Scc	Gym B2	
12.15 - 13.45	Yoga	Hol	Mind & Body	
17.15 - 18.00	Keiser Cycling	Hec	Cycle Zone	

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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