

DAVID LLOYD LEISURE - KENSINGTON - 0207 341 6400

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010



MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	RPM	Hec	Cycle Zone	
09:35 - 10:20	Body Balance	Hol	Mind & Body Studio	
10:05 - 11:05	Step	Hec	Energy Zone	
10:30 - 11:15	Aqua	Scs	Pool	
11:05 - 12:35	Yoga	Hol	Mind & Body Studio	
11:15 - 12:15	Body Pump	Scs	Energy Zone	
12:00 - 12:30	Abs & Back	Scs	B2	
12:40 - 13:00	Power Plate	Scs	1st Floor	
13:00 - 13:30	ViPR Taster	Otc	B2	
18:30 - 19:00	Abs & Back	Scs	B2	
18:30 - 19:15	Body Balance	Hol	Mind & Body Studio	
18:30 - 19:30	Body Pump	Scs	Energy Zone	
19:10 - 19:30	Power Plate	Scs	1st Floor	
19:30 - 20:15	Group Cycling	Hec	Cycle Zone	
19:30 - 21:00	Yoga	Hol	Mind & Body Studio	
20:00 - 20:30	ViPR Taster	Otc	B2	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:35 - 10:20	Group Cycling	Hec	Cycle Zone	
09:35 - 10:20	Pre & Post Natal	Otc	Energy Zone	
09:35 - 10:35	Pilates	Hol	Mind & Body Studio	
10:30 - 11:15	Aqua	Scs	Pool	
10:35 - 11:20	Legs, Bums and Tums	Scs	Energy Zone	
10:35 - 12:05	Yoga	Hol	Mind & Body Studio	
11:30 - 12:00	Abs & Back	Scs	B2	
12:40 - 13:00	Power Plate	Scs	1st Floor	
18:00 - 18:30	Group Exercise Welcome	Otc		
18:00 - 18:45	ViPR Course	Otc	B2	
18:30 - 19:00	Abs & Back	Scs		
18:30 - 19:30	Yoga	Hol	Mind & Body Studio	
18:45 - 19:15	ViPR Taster	Otc	B2	
18:45 - 19:30	Group Cycling	Hec	Cycle Zone	
18:45 - 19:30	Step	Hec	Energy Zone	
19:10 - 19:30	Power Plate	Scs	1st Floor	
19:30 - 20:30	Body Pump	Scs	Energy Zone	
19:30 - 20:30	Pilates	Hol	Mind & Body Studio	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Group Cycling	Hec	Cycle Zone	
09:35 - 10:20	Body Balance	Hol	Mind & Body Studio	
09:35 - 10:20	Group Cycling	Hec	Cycle Zone	
10:00 - 10:45	Body Conditioning	Scs		
10:35 - 11:30	Pilates	Hol	Mind & Body Studio	
10:45 - 11:30	JUKARI Fit to Flex	Otc		
11:30 - 12:00	Group Exercise Welcome	Otc		
11:35 - 12:30	Belly Dancing	Dan	Mind & Body Studio	
12:00 - 12:30	ViPR Taster	Otc	B2	
12:40 - 13:00	Power Plate	Scs	1st Floor	
13:00 - 13:30	ViPR Taster	Otc	B2	
13:30 - 15:00	Astanga Yoga	Hol	Mind & Body Studio	
18:30 - 19:00	Abs & Back	Scs	B2	
18:30 - 19:30	Pilates	Hol	Mind & Body Studio	
18:45 - 19:30	RPM	Hec	Cycle Zone	
19:10 - 19:30	Power Plate	Scs	1st Floor	
19:30 - 21:00	Yoga	Hol	Mind & Body Studio	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Group Cycling	Hec	Cycle Zone	
09:35 - 10:20	Group Cycling	Hec	Cycle Zone	
09:35 - 10:30	Dance Fit	Otc	Energy Zone	
10:05 - 11:05	Pilates	Hol	Mind & Body Studio	
10:30 - 11:15	Aqua	Scs	Pool	
10:30 - 11:30	Body Pump	Scs	Energy Zone	
12:00 - 12:30	Abs & Back	Scs	B2	
12:40 - 13:00	Power Plate	Scs	1st Floor	
13:00 - 14:30	Yoga	Hol	Mind & Body Studio	
18:30 - 19:00	Abs & Back	Scs	B2	
18:30 - 19:15	JUKARI Fit to Flex	Otc		
18:30 - 19:30	Body Pump	Scs	Energy Zone	
19:10 - 19:30	Power Plate	Scs	1st Floor	
19:30 - 21:00	Astanga Yoga	Hol	Mind & Body 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

