DAVID LLOYD LEISURE - KENSINGTON - 0207 341 6400

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	RPM	Hec	Cycling Studio	
09:30 - 10:15	Body Balance	Hol	Mind & Body Studio	
10:00 - 11:00	Step	Hec	Energy Zone	
10:30 - 11:15	Aqua Zumba	Dan	Pool	
11:00 - 12:30	Yoga	Hol	Mind & Body Studio	
11:15 - 12:15	Body Pump	Scc	Energy Zone	
12:00 - 12:30	Abs & Back	Scc	Gym Area 1	
18:30 - 19:00	Abs & Back	Scc	Gym Area 1	
18:30 - 19:15	Body Balance	Hol	Mind & Body Studio	
18:30 - 19:30	Body Pump	Scc	Energy Zone	
19:30 - 20:15	Group Cycling	Hec	Cycle Zone	
19:30 - 20:25	Zumba	Dan	Energy Zone - Part B	
19:30 - 20:30	Boxing Circuit	Otc	Activities Zone	
19:30 - 21:00	Yoga	Hol	Mind & Body Studio	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:30 - 07:15	Circuits	Hec	Energy Zone - Part C	
09:30 - 10:15	Group Cycling	Hec	Cycling Studio	
09:30 - 10:30	Pilates	Hol	Mind & Body Studio	
09:35 - 10:20	Pre & Post Natal	Otc	Energy Zone	
10:30 - 11:15	Aqua	Scc	Main Pool	
10:30 - 11:15	Legs, Bums and Tums	Scc	Energy Zone	
10:30 - 12:00	Yoga	Hol	Mind & Body Studio	
11:30 - 12:00	Abs & Back	Scc	Gym Area 1	
18:30 - 19:00	Abs & Back	Scc	Gym Area 1	
18:45 - 19:30	Step	Hec	Energy Zone	
18:45 - 19:35	Group Cycling & Abs	Otc	Cycle Studio	
19:30 - 20:30	Body Pump	Scc	Energy Zone	
19:30 - 20:30	Pilates	Hol	Mind & Body Studio	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Group Cycling	Hec	Cycling Studio	
09:30 - 10:15	Body Balance	Hol	Energy Zone - Part B	
09:30 - 10:15	RPM	Hec	Cycle Zone	
10:30 - 11:15	Aqua	Scc	Pool	
10:30 - 11:25	Pilates	Hol	Mind & Body Studio	
11:35 - 12:30	Belly Dancing	Dan	Mind & Body Studio	
12:00 - 12:30	Abs & Back	Scc	Gym Area 1	
13:30 - 15:00	Astanga Yoga	Hol	Mind & Body Studio	
18:00 - 18:30	Group Exercise Welcome	Otc		
18:30 - 19:00	Abs & Back	Scc	Gym Area 1	
18:30 - 19:30	Pilates	Hol	Mind & Body Studio	
18:30 - 20:30	Lose & Shape Up	Otc		£
18:45 - 19:30	Group Cycling	Hec	Cycling Studio	
18:45 - 19:40	Zumba	Dan	Energy Zone - Part B	
19:30 - 20:15	Circuits	Hec	Activities Zone	
19:30 - 21:00	Yoga	Hol	Mind & Body Studio	
20:00 - 21:00	Dance With David Lloyd	Dan		

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Group Cycling	Hec	Cycle Zone	
09:30 - 10:15	Group Cycling	Hec	Cycling Studio	
09:30 - 10:25	Dance Fit	Otc	Energy Zone - Part C	
10:00 - 11:00	Pilates	Hol	Mind & Body Studio	
10:30 - 11:15	Aqua	Scc	Pool	
10:30 - 11:30	Body Pump	Scc	Energy Zone	
12:00 - 12:30	Abs & Back	Scc	Gym Area 1	
13:00 - 14:30	Yoga	Hol	Mind & Body Studio	
18:30 - 19:00	Abs & Back	Scc	Gym Area 1	
18:30 - 19:15	Body Combat	Hec	Energy Zone - Part A	
19:15 - 20:15	Body Pump	Scc	Energy Zone - Part B	
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

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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	Body Balance	Hol	Mind & Body Studio	
09:30 - 10:15	Circuits	Hec	Activities Zone	
10:30 - 11:15	Aqua	Scc	Pool	
10:30 - 11:30	Step	Hec	Energy Zone	
10:35 - 12:05	Yoga	Hol		
12:00 - 12:30	Abs & Back	Scc	Gym Area 1	
18:30 - 19:00	Abs & Back	Scc	Gym Area 1	
18:45 - 19:40	Total Body Workout	Hec	Energy Zone	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 10:45	Group Cycling	Hec	Cycling Studio	
10:00 - 11:00	Step	Hec	Energy Zone	
10:10 - 11:10	Pilates	Hol	Mind & Body Studio	
11:00 - 11:45	Group Cycling	Hec	Cycling Studio	
11:00 - 12:00	Body Pump	Scc	Energy Zone	
11:15 - 12:10	Body Balance	Hol	Mind & Body Studio	
12:00 - 12:30	Abs & Back	Scc	Gym Area 1	
12:15 - 13:10	Zumba	Dan	Energy Zone - Part C	
12:15 - 13:45	Yoga	Hol	Mind & Body Studio	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:45 - 11:15	Astanga Yoga	Hol	M&B Studio	
10:30 - 11:15	Group Cycling	Hec	Cycling Studio	
11:15 - 12:45	Yoga	Hol	Mind & Body Studio	
11:20 - 12:20	Body Pump	Scc	Energy Zone	
12:00 - 12:30	Abs & Back	Scc	Gym Area 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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