DAVID LLOYD LEISURE - KIDBROOKE - 0208 331 3900/01

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Group Cycling	Hec	Studio 3	
09:35 - 10:30	Body Balance	Hol	Studio 2	
09:35 - 10:35	Zumba	Dan	Studio 1	
10:35 - 11:30	Body Pump	Scc	Studio 1	
11:00 - 11:30	Abs & Back	Scc	Gym Area 1	
11:35 - 12:20	Core Stability	Scc	Studio 1	
12:00 - 12:45	Aqua	Scc	Main Pool	
17:30 - 18:00	JUKARI Fit to Flex	Otc	Studio 1	
18:00 - 18:55	Total Body Workout	Hec	Studio 1	
19:00 - 19:45	Group Cycling	Hec	Studio 3	
19:00 - 20:00	Zumba	Dan	Studio 1	
19:00 - 20:30	Yoga	Hol	Studio 2	
19:30 - 20:15	Aqua	Scc	Main Pool	
20:00 - 20:55	Body Pump	Scc	Studio 1	
20:00 - 20:55	Group Cycling Advanced	Otc	Studio 3	
20:30 - 21:25	Meditation	Hol		

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:15 - 07:00	Multi Circuits	Hec	Gym	
06:30 - 07:15	Zumba	Dan		
08:15 - 09:00	Cardio Conditioning	Hec	Studio 1	
09:15 - 09:30	Introduction to Body Balance	Hol	Studio 2	
09:35 - 10:20	Group Cycling	Hec	Studio 3	
09:35 - 10:30	Body Balance	Hol	Studio 2	
09:35 - 10:30	Total Body Workout	Hec	Studio 1	
10:30 - 11:15	Senior Multi Circuits	Hec	Gym	
10:35 - 11:30	Aerobics	Hec	Studio 1	
11:35 - 12:30	Pilates	Hol	Studio 1	
12:00 - 12:30	ViPR Taster	Otc	Gym	
18:00 - 18:55	Body Pump	Scc	Studio 1	
19:00 - 19:30	Abs & Back	Scc	Gym	
19:00 - 19:55	Body Attack	Hec	Studio 1	
19:00 - 19:55	Yoga	Hol	Studio 2	
20:00 - 20:55	Body Balance	Hol	Studio 1	
20:00 - 20:55	Group Cycling Advanced	Otc	Studio 3	
20:00 - 20:55	Pilates Beginners	Hol	Studio 2	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Group Cycling	Hec	Studio 3	
09:15 - 10:00	Dance Fit	Otc	Studio 1	
09:35 - 10:20	Group Cycling	Hec	Studio 3	
10:00 - 10:45	Multi Circuits	Hec	Gym	
10:00 - 10:55	Total Body Workout	Hec	Studio 1	
11:00 - 11:30	Abs & Back	Scc	Gym Area 1	
11:00 - 11:30	JUKARI Fit to Flex	Otc	Studio 1	
11:35 - 12:30	Body Balance	Hol	Studio 1	
12:00 - 12:45	Aqua	Scc	Main Pool	
13:30 - 14:25	Yoga	Hol	Studio 2	
18:15 - 18:30	Boxercise	Hec	Studio 1	
18:30 - 19:25	Boxercise	Hec		
18:45 - 19:45	Pilates Intermediate	Hol	Studio 2	
19:00 - 19:30	Abs & Back	Scc	Gym	
19:00 - 19:55	Group Cycling Advanced	Otc	Studio 3	
19:30 - 20:15	Core Stability	Scc	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:30 - 09:25	Cardio Conditioning	Hec	Studio 1	
09:35 - 10:20	Group Cycling	Hec	Studio 3	
09:35 - 10:30	Total Body Workout	Hec	Studio 1	
10:35 - 11:30	Yogalates	Hol	Studio 1	
11:00 - 11:45	Senior Multi Circuits	Hec		
11:45 - 12:15	Abs & Back	Scc	Gym	
17:30 - 18:00	Power Plate Taster	Otc	Gym Desk	
18:00 - 18:45	Body Attack	Hec		
19:00 - 19:45	Zumba	Dan	Studio 2	
19:00 - 19:55	Body Pump	Scc	Studio 1	
19:00 - 19:55	Running Club	Otc		
19:30 - 20:15	Aqua	Scc	Main Pool	
19:30 - 20:15	Group Cycling	Hec	Studio 3	
20:00 - 21:00	Zumba	Dan	Studio 1	
20:15 - 21:10	Yoga	Hol	Studio 2	

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

LIFE. Be fit for it
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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:15 - 09:10	Body Balance	Hol	Studio 1	
09:30 - 10:25	Body Pump	Scc	Studio 1	
09:35 - 10:20	Group Cycling	Hec	Studio 3	
10:00 - 10:30	Power Plate Taster	Otc	Gym Desk	
10:35 - 11:30	Core Stability	Scc	Studio 1	
11:00 - 11:45	Senior Multi Circuits	Hec	Studio 2	
11:35 - 12:35	Zumba	Dan	Studio 1	
12:00 - 12:30	ViPR Taster	Otc	Gym Desk	
12:00 - 12:45	Aqua	Scc	Main Pool	
13:00 - 13:55	Pilates	Hol	Studio 2	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:45 - 09:40	Pilates	Hol	Studio 2	
08:55 - 09:55	Zumba	Dan	Studio 1	
10:00 - 10:55	Body Pump	Scc	Studio 1	
10:00 - 10:55	Group Cycling	Hec	Studio 3	
10:30 - 11:00	Group Exercise Welcome	Otc	Lounge	
11:00 - 11:45	Total Body Workout	Hec	Studio 1	
11:30 - 12:15	Group Cycling	Hec	Studio 3	
11:45 - 12:30	Dance Fit	Otc	Studio 1	
12:30 - 13:25	Body Balance	Hol	Studio 1	
14:15 - 15:10	Boxercise	Hec	Studio 1	
15:15 - 16:10	Core Stability	Scc	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:35 - 10:30	Step	Hec	Studio 1	
10:15 - 11:00	Group Cycling	Hec	Studio 3	
10:30 - 11:30	Total Body Workout	Hec	Studio 1	
11:30 - 12:00	Power Plate Taster	Otc	Gym Desk	
11:30 - 12:30	Zumba	Dan	Studio 1	
16:45 - 17:00	Introduction to Body Pump	Scc	Studio 1	
17:00 - 17:55	Body Pump	Scc	Studio 1	
18:00 - 18:55	Yoga	Hol	Studio 2	

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.

KEY

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