DAVID LLOYD - KINGSTON - 0208 974 7440

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.15-11.00	Aqua	Scc	Pool	
11.30-12.25	Body Balance	Hol	Studio 2	
12.00-12.30	Abs & Back	Scc	Gym	
12.30-13.15	Keiser Cycling	Hec	Gym	
18.15-19.10	Body Jam	Dan	Studio 1	
19.00-19.55	RPM	Hec	Gym	
19.00-19.55	Hatha Yoga	Hol	Studio 2	
19.15-20.10	Body Combat	Hec	Studio 1	
20.00-20.30	Abs & Back	Scc	Gym	
20.15-21.10	Body Pump	Scc	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.30	RPM	Hec	Gym	
10.00-10.55	Iyengar Yoga	Hol	Studio 2	
11.30-12.15	Swiss Ball	Scc	Studio 1	
12.30-13.15	Body Balance	Hol	Studio 2	
18.00-18.15	Introduction to Body Pump	Scc	Studio 1	
18.15-19.10	Body Pump	Scc	Studio 1	
18.30-19.25	Pilates	Hol	Studio 2	
19.15-20.00	Body Attack	Hec	Studio 1	
19.30-20.00	Abs & Back	Scc	Gym	
19.30-20.25	Iyengar Yoga	Hol	Studio 2	
20.00-20.45	RPM	Hec	Gym	
20.00-21.15	Kick Boxing	Hec	Studio 1	C £

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.30	Body Combat	Hec	Studio 1	
10.30-11.15	Aqua	Scc	Pool	
10.30-11.25	Pilates	Hol	Studio 2	
11.30-12.25	Body Balance	Hol	Studio 2	
12.30-13.25	Body Pump	Scc	Studio 1	
18.00-18.15	Intro to Step	Hec	Studio 1	
18.15-19.00	Step	Hec	Studio 1	
18.30-19.15	RPM	Hec	Gym	
18.30-19.25	Body Balance	Hol	Studio 2	
19.05-20.00	Body Jam	Dan	Studio 1	
19.30-20.00	Abs & Back	Scc	Gym	
19.30-20.15	Aqua	Scc	Pool	
19.30-20.25	Hatha Yoga	Hol	Studio 2	
20.05-21.00	Body Combat	Hec	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.30-11.25	Iyengar Yoga	Hol	Studio 2	
12.30-13.15	Body Combat	Hec	Studio 1	
13.00-13.30	Abs & Back	Scc	Gym	
18.15-19.00	Body Attack	Hec	Studio 1	
18.30-19.25	Body Balance	Hol	Studio 2	
19.00-19.55	RPM	Hec	Gym	
19.05-20.00	Boxercise	Hec	Studio 1	
19.30-20.25	Pilates	Hol	Studio 2	
20.00-20.30	Abs & Back	Scc	Gym	
20.05-21.00	Body Pump	Scc	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

LIFE Be fit for it
DAVIDLLOYD.CO.UK

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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.45-07.30	Body Pump	Scc	Studio 1	
10.30-11.15	Aqua	Scc	Studio 1	
10.30-11.25	Pilates	Hol	Studio 1	
12.30-13.25	Body Pump	Scc	Studio 1	
18.15-19.00	Body Pump	Scc	Studio 1	
19.05-20.00	Body Combat	Hec	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.45-10.00	Introduction to Body Pump	Scc	Studio 1	
10.00-10.45	Keiser Cycling	Hec	Gym	
10.00-10.55	Body Pump	Scc	Studio 1	
11.00-11.30	Abs & Back	Scc	Gym	
11.00-11.55	Body Attack	Hec	Studio 1	
11.00-11.55	Iyengar Yoga	Hol	Studio 2	
15.00-15.55	Pilates	Hol	Studio 2	
16.00-16.55	Ballroom and Latin Dancing	Dan	Studio 2	C £

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.10-09.55	Step	Hec	Studio 1	
10.00-10.55	Body Pump	Scc	Studio 1	
10.00-10.55	Body Balance	Hol	Studio 1	
11.00-11.55	Body Combat	Hec	Studio 1	
11.00-11.55	Pilates	Hol	Studio 1	
12.00-12.55	Body Jam	Dan	Studio 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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