DAVID LLOYD - LEEDS - 0113 203 4000

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0700-0745	Group Cycling	Hec	Spin Area	
0930-1025	Body Balance	Hol	Studio 2	
0935-1025	Total Body Workout	Hec	Studio 1	
1000-1045	Aqua	Scc	Pool	
1030-1125	Legs, Bums & Tums	Scc	Studio 1	
1100-1155	Pilates Intermediate	Hol	Studio 2	
1130-1225	Body Vive	Scc	Studio 1	
1230-1300	Power Plate	Scc	Gym	
1230-1325	Hatha Yoga	Hol	Studio 2	
1815-1855	Body Step Express	Hec	Studio 1	
1830-1925	Multi Circuits	Hec	Track	
1830-1925	Pilates Advanced	Hol	Studio 2	
1900-1955	Body Pump	Scc	Studio 1	
1930-2000	Abs & Back	Scc	Gym	
1930-2015	Keiser Cycling	Hec	Spin Area	
2000-2055	Body Balance	Hol	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0645-0730	Cardio Conditioning	Hec	Spin/Track	
0915-0955	Body Pump Express	Scc	Studio 1	
0930-1055	Iyengar Yoga	Hol	Studio 2	
1000-1045	Aqua	Scc	Pool	
1000-1055	Hour of Power	Hec	Studio 1	
1030-1115	Kettle Bell	Scc	Track	
1100-1155	Pilates	Hol	Studio 2	
1100-1155	Body Vive	Scc	Studio 1	
1200-1230	Coffee Club	Otc	Clubroom	
1815-1855	Body Pump Express	Scc	Studio 1	
1830-1915	Group Cycling	Hec	Spin Area	
1830-1930	Boxercise	Hec	Track	
1830-1930	Running Club	Otc	Gym	
1900-1955	Body Combat	Hec	Studio 1	
1900-1955	Pilates	Hol	Studio 2	
1900-1955	Ballroom Dancing	Dan	Kirkstall Suite	C£
1930-2015	Aqua	Scc	Pool	
2000-2055	Body Balance	Hol	Studio 2	
2000-2100	Krav Maga	Hec	Kirkstall Suite	C£

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0700-0745	Keiser Cycling	Hec	Spin Area	
0930-1025	Circuits	Hec	Track	
0930-1025	Body Balance	Hol	Studio 2	
0945-1020	Body Step Express	Hec	Studio 1	
1030-1125	Body Pump	Scc	Studio 1	
1100-1200	Pilates	Hol	Studio 2	
1130-1215	Pre & Post Natal Aqua	Scc	Pool	
1130-1230	Lose & Shape Up	Otc	Lloyd Suite	C£
1135-1220	Keiser Cycling	Hec	Spin Area	
1300-1330	Group Exercise Welcome	Otc	Gym Desk	
1815-1855	Step	Hec	Studio 1	
1830-1915	Keiser Cycling	Hec	Spin Area	
1830-1925	Functional Conditioning	Scc	Track	
1830-1925	Pilates Intermediate	Hol	Studio 2	
1830-1930	Swim Fit	Otc	Pool	
1900-1955	Body Attack	Hec	Studio 1	
1930-2025	Pilates Beginners	Hol	Studio 2	
1930-2030	Lose & Shape Up	Otc	Lloyd Suite	C£
2000-2055	Body Pump	Scc	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0700-0745	Group Cycling	Hec	Spin Area	
0925-1025	Body Attack	Hec	Studio 1	
1000-1045	Aqua	Scc	Pool	
1015-1115	Pilates Advanced	Hol	Studio 2	
1030-1125	Body Pump	Scc	Studio 1	
1125-1225	Pilates Intermediate	Hol	Studio 2	
1130-1225	Salsa Dancing	Dan	Studio 1	
1130-1230	Lose & Shape Up	Otc	Lloyd Suite	C£
1135-1220	Keiser Cycling	Hec	Spin Area	
1230-1325	Body Balance	Hol	Studio 2	
1300-1345	Pre & Post Natal	Otc	Studio 1	
1800-1830	Power Plate	Scc	Gym	
1815-1855	Aerobics Express	Hec	Studio 1	
1900-1945	Keiser Cycling	Hec	Spin Area	
1900-1945	Row Fit Express	Hec	Gym	
1900-1955	Body Sculpt	Scc	Studio 1	
1900-2025	Iyengar Yoga	Hol	Studio 2	
1930-2030	Lose & Shape Up	Otc	Lloyd Suite	C£
2000-2030	Group Exercise Welcome	Otc	Gym Desk	

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

DAVID LLOYD - LEEDS - 0113 203 4000

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0700-0745	Circuits	Hec	Studio 1/Track	
0930-1025	Dance Fit	Dan	Studio 1	
0930-1025	Pilates Intermediate	Hol	Studio 2	
1030-1125	Body Sculpt	Scc	Studio 1	
1030-1125	Pilates Beginners	Hol	Studio 2	
1130-1225	Body Vive	Scc	Studio 1	
1130-1215	Pre & Post Natal	Otc	Studio 2	
1230-1330	Lose & Shape Up	Otc	Lloyd Suite	C£
1830-1915	Circuits	Hec	Track	
1900-1955	Iyengar Yoga	Hol	Studio 2	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0900-0945	Aqua	Scc	Pool	
0900-0955	Pilates	Hol	Studio 2	
1000-1045	Keiser Cycling	Hec	Spin Area	
1000-1055	Body Attack	Hec	Studio 1	
1000-1130	Iyengar Yoga	Hol	Studio 2	
1100-1155	Body Pump	Scc	Studio 1	
1600-1630	Abs & Stretch	Scc	Studio 2	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0900-0955	Body Pump	Scc	Studio 1	
0930-1030	Circuits	Hec	Track	
0930-1055	Iyengar Yoga	Hol	Studio 2	
1000-1045	Keiser Cycling	Hec	Spin Area	
1000-1055	Step	Hec	Studio 1	A
1030-1115	Ski Fit	Otc	Track	
1100-1155	Body Combat	Hec	Studio 1	
1100-1155	Iyengar Yoga Beginners	Hol	Studio 2	
1700-1755	Body Balance	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

£ 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