DAVID LLOYD LEISURE - LUTON - 01582 692040

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	Group Cycling	Hec	Cycle Studio	
09:30 - 10:25	Body Pump	Scc	Studio 1	
10:30 - 11:00	Senior Conditioning	Scc	Lower Gym	
10:30 - 11:15	Body Attack Express	Hec	Studio 1	
10:30 - 11:25	Hatha Yoga	Hol	Studio 2	
11:00 - 11:30	Beginners Group Cycling	Hec	Cycle Studio	
11:30 - 12:00	Coffee Club	Otc	Club Rm	
11:30 - 12:25	Pilates	Hol	Studio 2	
11:30 - 12:30	Lose & Shape Up Follow On	Otc	Meeting Rm	£
12:30 - 13:00	Group Cycling	Hec	Cycle Studio	
17:30 - 18:15	Zone Cycling	Hec	Cycle Studio	
18:00 - 18:55	Zumba	Dan	Studio 1	
18:30 - 19:25	Meditation	Hol	Studio 2	
18:30 - 19:25	Running Club	Otc	Outside	
19:00 - 19:45	Body Pump Express	Scc	Studio 1	
19:00 - 19:55	Swimming Club	Otc	Pool	
19:00 - 20:00	Lose & Shape Up Follow On	Otc	Meeting Rm	£
19:30 - 20:25	Hatha Yoga	Hol	Studio 2	
19:45 - 20:40	Body Combat	Hec	Studio 1	
20:00 - 20:45	Group Cycling	Hec	Cycle Studio	
20:00 - 20:55	Lose & Shape Up Taster	Otc	Meeting Rm	
20:45 - 21:00	Abs & Back	Scc	Gym	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	Group Cycling	Hec	Cycle Studio	
09:30 - 10:25	Body Vive	Scc	Studio 2	
09:30 - 10:25	Total Body Workout	Hec	Studio 1	
10:30 - 11:00	Senior Conditioning	Scc	Lower Gym	
10:30 - 11:15	Power Plate Taster	Otc	Gym	
10:30 - 11:25	Body Balance	Hol	Studio 2	
11:00 - 11:45	Aqua	Scc	Pool	
11:30 - 12:25	Lose & Shape Up Taster	Otc	Meeting Rm	
17:45 - 18:30	Legs, Bums and Tums	Scc	Studio 1	
18:30 - 19:15	Aqua	Scc	Pool	
18:45 - 19:30	Circuits	Hec	Studio 1	
19:15 - 20:00	Group Cycling	Hec	Cycle Studio	
19:30 - 20:00	Body Pump Express	Scc	Studio 1	
19:30 - 20:25	Pilates	Hol	Studio 2	
20:00 - 20:15	Abs & Back	Scc	Gym	
20:00 - 20:30	Body Combat Express	Hec	Studio 1	
20:30 - 21:00	Body Attack Express	Hec	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Cycle Studio	
07:45 - 08:00	Abs & Back	Scc	Gym	
09:30 - 10:25	Body Combat	Hec	Studio 1	
09:30 - 11:00	Anusara Yoga	Hol	Studio 2	
10:30 - 11:00	Senior Conditioning	Scc	Gym	
10:30 - 11:45	Ballet Fusion	Dan	Studio 1	
11:00 - 11:30	TRX Taster	Otc	Gym	
11:15 - 11:45	Coffee Club	Otc	Club Rm	
11:30 - 12:25	Meditation	Hol	Studio 2	
12:30 - 13:15	Group Cycling	Hec	Cycle Studio	
18:00 - 18:45	Group Cycling	Hec	Cycle Studio	
18:00 - 18:55	Step	Hec	Studio 1	
18:45 - 19:00	Abs & Back	Scc	Gym	
19:00 - 19:45	Power Plate Taster	Otc	Gym	
19:00 - 19:55	Body Vive	Scc	Studio 1	
19:00 - 20:00	Lose & Shape Up Follow On	Otc	Meeting Rm	£
20:00 - 20:45	Group Exercise Welcome	Otc	Club Rm	
20:00 - 20:55	Hatha Yoga	Hol	Studio 2	
20:00 - 20:55	Zumba	Dan	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	Group Cycling	Hec	Cycle Studio	
09:30 - 10:25	Body Attack	Hec	Studio 1	
09:30 - 10:25	Pilates	Hol	Studio 2	
10:15 - 10:30	Abs & Back	Scc	Gym	
10:30 - 11:15	Aqua	Scc	Pool	
10:30 - 11:25	Senior Conditioning	Scc	Gym	
10:30 - 11:25	Zumba	Dan	Studio 1	
11:30 - 12:30	Lose & Shape Up Follow On	Otc	Meeting Rm	£
18:00 - 18:30	TRX Taster	Otc	Gym	
18:15 - 18:45	Beginners Group Cycling	Hec	Cycle Studio	
18:15 - 19:00	Body Combat Express	Hec	Studio 1	
19:00 - 19:45	Group Cycling	Hec	Cycle Studio	
19:00 - 19:55	Body Attack	Hec	Studio 1	
19:45 - 20:00	Abs & Back	Scc	Gym	
20:00 - 20:55	Body Balance	Hol	Studio 2	
20:00 - 20:55	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

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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Cycle Studio	
07:45 - 08:00	Abs & Back	Scc	Gym	
09:30 - 10:25	Hatha Yoga	Hol	Studio 2	
09:30 - 10:25	Step	Hec	Studio 1	
10:30 - 11:15	Body Pump Express	Scc	Studio 1	
10:30 - 11:25	Body Balance	Hol	Studio 2	
12:00 - 12:45	Group Exercise Welcome	Otc	Club Rm	
18:00 - 18:55	Body Combat	Hec	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:45 - 09:30	Body Attack Express	Hec	Studio 1	
09:30 - 10:15	Zone Cycling	Hec	Cycle Studio	
09:30 - 10:25	Body Attack	Hec	Studio 1	
09:30 - 10:25	Pilates	Hol	Studio 2	
10:30 - 11:15	Group Cycling	Hec	Cycle Studio	
10:30 - 11:25	Body Pump	Scc	Studio 1	
13:00 - 13:30	TRX Taster	Otc	Gym	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 10:45	Group Cycling	Hec	Cycle Studio	
10:00 - 10:55	Hatha Yoga	Hol	Studio 2	
10:00 - 10:55	Step	Hec	Studio 1	
11:00 - 11:55	Body Combat	Hec	Studio 1	
12:00 - 12:45	ViPR Taster	Otc	Gym	
12:00 - 12:55	Zumba	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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