DAVID LLOYD LEISURE - MAIDSTONE - 01622 607 600

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

David Lloyd FITNESS

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:25	Body Conditioning	Scc	Studio 1 - Part D	
09:30 - 10:30	Yoga	Hol	Studio 2	
10:30 - 11:25	Body Balance	Hol	Studio 1	
18:00 - 19:00	Body Jam	Dan	Studio 1	
19:00 - 19:45	Group Cycling	Hec	Spin Studio	
19:00 - 20:00	Body Combat	Hec	Studio 1	
19:30 - 20:30	Yoga	Hol	Studio 2	
20:00 - 21:00	Body Pump	Scc	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:15 - 08:15	Multi Circuits	Hec	Gym Area 1	
09:30 - 10:25	Body Conditioning	Scc	Studio 1	
10:30 - 11:30	Pilates	Hol	Studio 2	
10:30 - 11:30	Zumba	Dan	Studio 1	
11:00 - 11:45	Power Plate Taster	Otc	Gym Area 1	
12:15 - 13:00	Aqua	Scc	Main Pool	
18:00 - 19:00	Body Attack	Hec	Studio 1	
19:00 - 19:45	Zone Cycling	Hec	Spin Studio	
19:00 - 20:00	Body Balance	Hol	Studio 1	
19:00 - 20:00	Pilates	Hol	Studio 2	
19:30 - 20:15	Aqua	Scc	Main Pool	
20:00 - 21:00	Body Pump	Scc	Studio 1	
20:00 - 21:00	Yoga	Hol	Studio 2	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Zone Cycling	Hec	Spin Studio	
09:30 - 10:25	Body Pump	Scc	Studio 1	
10:30 - 11:30	Yoga	Hol	Studio 1	
12:00 - 12:30	Group Exercise Welcome	Otc	Lounge	
18:00 - 19:00	Body Attack	Hec	Studio 1	
19:00 - 20:00	Body Combat	Hec	Studio 1	
20:00 - 21:00	Body Jam	Dan	Studio 1	
20:00 - 21:00	Lose & Shape Up	Otc	Rec	£
20:00 - 21:00	Pilates	Hol	Studio 2	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 08:00	Multi Circuits	Hec	Gym Area 2	
09:30 - 10:25	Body Conditioning	Scc	Studio 1 - Part A	
10:30 - 11:30	Zumba	Dan	Studio 1	
12:15 - 13:00	Aqua	Scc	Pool	
18:00 - 18:55	Pilates	Hol	Studio 2	
18:00 - 19:00	Body Combat	Hec	Studio 1	
19:00 - 19:45	Group Cycling	Hec	Spin Studio	
19:00 - 19:45	Power Plate Taster	Otc	Gym Area 1	
19:00 - 19:55	Yoga	Hol	Studio 2	
19:00 - 20:00	Body Pump	Scc	Studio 1	
20:00 - 20:30	Group Exercise Welcome	Otc	Lounge	
20:00 - 21:00	Zumba	Dan	Studio 1 - Part A	

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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FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:15 - 08:00	Multi Circuits	Hec	Gym Area 1	
09:30 - 10:25	Body Pump	Scc	Studio 1	
10:30 - 11:25	Body Combat	Hec	Studio 1	
10:30 - 11:25	Pilates	Hol	Studio 2	
11:30 - 12:25	Body Balance	Hol	Studio 1	
18:00 - 18:45	ViPR Taster	Otc	Gym Area 1	
18:00 - 19:00	Body Jam	Dan	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	Group Cycling	Hec	Spin Studio	
09:30 - 10:30	Pilates	Hol	Studio 2	
10:00 - 11:00	Lose & Shape Up Course	Otc	Gym Area 1	£
10:30 - 11:25	Body Pump	Scc	Studio 1	
11:00 - 12:00	Lose & Shape Up	Otc	Rec	£
11:30 - 12:25	Body Balance	Hol	Studio 1	
14:00 - 15:00	Triathlon Bike	Otc	Spin Studio	
15:15 - 16:15	Triathlon Run	Otc	Gym Area 1	
16:30 - 17:30	Triathlon Swim	Otc	Ind Pool	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	Group Cycling	Hec	Spin Studio	
09:30 - 10:25	Body Combat	Hec	Studio 1	
10:30 - 11:25	Body Jam	Dan	Studio 1	
11:30 - 13:00	Astanga Yoga	Hol	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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