DAVID LLOYD LEISURE - MILTON KEYNES - 0190 820 7901

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Body Pump Express	Scc	Studio 1	
07:00 - 08:00	Pilates	Hol	Mind & Body Studio	
09:35 - 10:20	Aerobics	Hec	Studio 1	
09:35 - 10:20	Group Cycling	Hec	Spin Cycle Studio	
09:45 - 10:30	Aqua	Scc	Main Pool	
10:00 - 10:30	Abs & Back	Scc	Gym Area 2	
10:20 - 11:20	Pilates	Hol	Studio 1	
10:45 - 11:15	ViPR Taster	Otc	Gym Area 2 - Part B	
10:45 - 11:40	Body Vive	Scc	Mind & Body Studio	
11:45 - 12:30	Pilates	Hol	Studio 1	
12:00 - 12:55	Tai Chi	Hol	Mind & Body Studio	
13:00 - 14:00	Iyengar Yoga	Hol		
17:15 - 18:00	Kick Boxing	Hec	Studio 3	£
18:00 - 18:45	Body Conditioning	Scc	Studio 1	
18:00 - 18:55	Body Vive	Scc	Mind & Body Studio	
18:45 - 19:45	Pilates	Hol	Studio 1	
19:00 - 19:45	Group Cycling	Hec	Spin Cycle Studio	
19:00 - 19:55	Body Attack	Hec	Mind & Body Studio	
19:15 - 20:15	Lose & Shape Up Seminar	Otc	Club Rm	
19:30 - 20:00	Abs & Back	Scc	Gym Area 2	
19:45 - 20:30	Circuits	Hec	Studio 1	
20:00 - 20:45	Group Cycling	Hec	Spin Cycle Studio	
20:00 - 20:55	Tai Chi	Hol	Mind & Body Studio	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Group Cycling	Hec	Spin Cycle Studio	
09:00 - 09:30	JUKARI Fit to Flex	Otc	Mind & Body Studio	
09:35 - 10:20	Group Cycling	Hec	Spin Cycle Studio	
09:35 - 10:25	Step	Hec	Studio 1	
09:45 - 10:30	Aqua	Scc	Main Pool	
10:20 - 10:50	Core Stability	Scc	Mind & Body Studio	
10:30 - 11:15	Legs, Bums and Tums	Scc	Studio 1	
11:00 - 11:30	Power Plate Taster	Otc	Gym Area 2 - Part A	
11:15 - 12:10	Body Attack	Hec	Studio 1	
12:30 - 13:30	Group Exercise Welcome	Otc	Rec	
13:45 - 14:45	Pilates	Hol	Mind & Body Studio	
17:45 - 18:30	Body Attack	Hec	Studio 1	
18:30 - 19:15	Group Cycling	Hec	Keiser Studio	
18:30 - 19:25	Body Pump	Scc	Studio 1	
19:30 - 20:15	Aqua	Scc	Main Pool	
19:30 - 20:15	Group Cycling	Hec	Spin Cycle Studio	
19:45 - 20:40	Body Balance	Hol	Mind & Body Studio	
19:45 - 20:45	Zumba	Dan	Studio 1	
20:00 - 20:30	Power Plate Taster	Otc	Gym Area 2 - Part A	
20:30 - 21:00	Abs & Back	Scc	Gym Area 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

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WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Pilates	Hol	Studio 1	
09:35 - 10:20	Group Cycling	Hec	Spin Cycle Studio	
09:35 - 10:30	Body Pump	Scc	Studio 1	
10:00 - 10:55	Body Vive	Scc	Mind & Body Studio	
10:25 - 10:55	Easyline Gym Class	Otc	Easyline Area	
10:30 - 11:15	Body Conditioning	Scc	Studio 1	
11:00 - 13:00	Lose & Shape Up	Otc		£
11:30 - 12:15	Aqua	Scc	Main Pool	
17:45 - 18:40	Body Step	Hec	Studio 1	
18:15 - 19:10	Body Jam	Dan	Mind & Body Studio	
18:30 - 19:15	Group Cycling	Hec	Spin Cycle Studio	
18:45 - 19:45	Pilates	Hol	Studio 1	
19:00 - 21:00	Lose & Shape Up	Otc		£
19:15 - 19:45	TRX Taster	Otc	Gym Area 2 - Part B	
19:15 - 20:00	Core Stability	Scc	Studio 2	
20:00 - 21:00	Triathlon Class	Otc	Main Pool	
20:30 - 21:00	Abs & Back	Scc	Gym Area 2	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Group Cycling	Hec	Spin Cycle Studio	
09:35 - 10:20	Body Conditioning	Scc	Mind & Body Studio	
09:35 - 10:20	Group Cycling	Hec	Spin Cycle Studio	
09:35 - 10:30	Body Conditioning	Scc	Studio 1	
10:30 - 11:00	Core Stability	Scc	Mind & Body Studio	
10:30 - 11:30	Pilates	Hol	Studio 1	
11:15 - 12:15	Triathlon Class	Otc	Main Pool	
13:00 - 13:45	Group Cycling	Hec	Spin Cycle Studio	
13:00 - 14:00	Zumba	Dan	Studio 1	
13:30 - 14:30	Yoga	Hol	Mind & Body Studio	
17:45 - 18:40	Body Pump	Scc	Studio 1	
18:00 - 18:45	Group Cycling	Hec	Spin Cycle Studio	
18:45 - 19:15	ViPR Taster	Otc	Gym Area 2 - Part B	
18:45 - 19:40	Body Attack	Hec	Mind & Body Studio	
19:00 - 19:45	Aqua	Scc	Main Pool	
19:00 - 19:55	Kick Boxing	Hec	Studio 1	
19:00 - 20:00	Group Exercise Welcome	Otc	Rec	
20:00 - 21:00	Yoga	Hol	Mind & Body Studio	
20:30 - 21:00	Abs & Back	Scc	Gym Area 2	

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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:55	Yoga	Hol	Mind & Body Studio	
09:00 - 09:30	JUKARI Fit to Flex	Otc	Mind & Body Studio	
09:35 - 10:20	Body Step	Hec	Studio 1	
09:35 - 10:20	Group Cycling	Hec	Spin Cycle Studio	
09:45 - 10:30	Aqua	Scc	Main Pool	
10:20 - 11:15	Body Balance	Hol	Studio 1	
10:25 - 10:55	Core Stability	Scc	Mind & Body Studio	
11:20 - 12:15	Body Pump	Scc	Studio 1	
12:00 - 12:30	Abs & Back	Scc	Gym Area 2	
17:30 - 18:15	Group Cycling	Hec	Spin Cycle Studio	
17:45 - 18:45	Yoga	Hol	Mind & Body Studio	
18:30 - 19:25	Body Pump	Scc	Studio 1	
18:30 - 19:30	Triathlon Class	Otc	Rec	
19:00 - 19:30	Abs & Back	Scc	Gym Area 2	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:30 - 09:25	Body Balance	Hol	Mind & Body Studio	
09:00 - 09:45	Group Cycling	Hec	Spin Cycle Studio	
09:30 - 10:00	Abs & Back	Scc	Gym Area 2	
09:35 - 10:30	Body Step	Hec	Studio 1	
10:00 - 10:30	TRX Taster	Otc	Gym Area 2 - Part B	
10:00 - 10:45	Group Cycling	Hec	Spin Cycle Studio	
10:30 - 11:25	Legs, Bums and Tums	Scc	Studio 1	
11:30 - 12:25	Body Jam	Dan	Studio 1	
20:00 - 20:30	Abs & Back	Scc	Gym Area 2	

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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 10:00	Pilates	Hol	Studio 1	
09:30 - 10:15	Group Cycling	Hec	Spin Cycle Studio	
10:00 - 10:30	Abs & Back	Scc	Gym Area 2	
10:30 - 11:15	Body Conditioning	Scc	Studio 1	
11:00 - 11:45	Group Cycling	Hec	Spin Cycle Studio	
11:30 - 12:15	Zumba	Dan	Studio 1	
12:15 - 13:30	Body Pump	Scc	Studio 1	
20:00 - 20:30	Abs & Back	Scc	Gym Area 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.

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