DAVID LLOYD LEISURE - OXFORD - 01865 334950

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 10:55	Body Balance	Hol	Studio 2	
10:00 - 11:00	Body Combat	Hec	Studio 1	
11:00 - 11:45	Group Cycling	Hec	Cycle Studio	
11:00 - 12:00	Body Pump	Scc	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 08:00	Body Combat	Hec	Studio 1	
07:00 - 08:00	Pilates	Hol	DL Kids Zone	
09:30 - 10:15	Group Cycling	Hec	Cycle Studio	
09:30 - 10:25	Multi Circuits	Hec	Studio 1	
10:30 - 11:25	Body Balance	Hol	Studio 2	
10:30 - 11:25	Body Jam	Dan	Studio 1	
12:00 - 12:45	Aqua	Scc	Pool	
12:15 - 12:45	Group Cycling	Hec	Cycle Studio	
17:15 - 18:00	Body Combat Express	Hec	Studio 1	
18:00 - 18:45	Group Cycling	Hec	Cycle Studio	
18:00 - 18:45	Kettle Bell	Scc	Gym Area 1	
18:00 - 18:55	Body Balance	Hol	Studio 2	
18:00 - 19:00	Legs, Bums & Tums	Scc	Studio 1	
19:00 - 19:55	Multi Circuits	Hec	Studio 1	
19:00 - 19:55	Pilates Advanced	Hol	Studio 2	
19:15 - 20:10	RPM	Hec	Cycle Studio	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 08:00	Body Pump	Scc	Studio 1	
09:30 - 10:15	Core Stability	Scc	Gym	
09:30 - 10:30	Group Cycling & Striding	Otc	Gym Area 1	
09:30 - 10:30	Step	Hec	Studio 1	
10:30 - 11:15	Multi Circuits	Hec	Gym	
10:30 - 11:30	Boxercise	Hec	Studio 1	
10:30 - 11:30	Pilates	Hol	Studio 2	
12:15 - 13:00	Body Combat Express	Hec	Studio 1	
17:15 - 18:00	Power Plate Taster	Otc	Gym Area 1	
18:00 - 18:45	Group Cycling	Hec	Cycle Studio	
18:00 - 19:00	Body Pump	Scc	Studio 1	
18:00 - 19:00	Pilates	Hol	Studio 2	
19:00 - 19:45	Group Cycling	Hec	Cycle Studio	
19:00 - 19:55	Body Balance	Hol	Studio 2	
19:00 - 20:00	Boxercise	Hec	Studio 1	
20:00 - 21:00	Lose & Shape Up Seminar	Otc	Club Rm	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:25	Hatha Yoga	Hol	Studio 2	
09:30 - 10:30	Body Pump	Scc	Studio 1	
10:30 - 11:15	Group Cycling	Hec	Cycle Studio	
10:30 - 11:30	Pilates Fitness	Hol	Studio 2	
12:15 - 13:00	Power Plate Taster	Otc	Gym Area 1	
17:00 - 17:45	Group Exercise Welcome	Otc	Club Rm	
17:15 - 18:00	Body Pump Express	Scc	Studio 1	
18:00 - 18:45	Group Cycling	Hec	Cycle Studio	
18:00 - 18:55	Body Attack	Hec	Studio 1	
18:00 - 19:00	Astanga Yoga	Hol	Studio 2	
18:00 - 19:00	Running Club	Otc	Outside	
19:00 - 19:45	Aqua	Scc	Pool	
19:00 - 19:45	Group Cycling	Hec	Cycle Studio	
19:00 - 19:45	Multi Circuits	Hec	Gym	

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 JULY - AUGUST 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:55	Body Balance	Hol	Studio 2	
07:00 - 08:00	Group Cycling & Abs	Otc	Cycle Studio	
09:30 - 10:30	Group Cycling & Abs	Otc	Cycle Studio	
09:30 - 10:30	Legs, Bums & Tums	Scc	Studio 1	
10:30 - 11:25	Body Balance	Hol	Studio 1	
12:00 - 12:45	Aqua	Scc	Pool	
12:15 - 13:00	Kettle Bell	Scc	Gym Area 1	
18:00 - 19:00	Body Combat	Hec	Studio 1	
18:00 - 19:00	Pilates Fitness	Hol	Studio 2	
18:00 - 19:30	Group Cycling	Hec	Cycle Studio	
19:00 - 20:00	Body Pump	Scc	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 09:45	Multi Circuits	Hec	Gym	
09:00 - 09:55	Body Balance	Hol	Studio 1	
10:00 - 10:55	Body Attack	Hec	Studio 1	
10:00 - 11:00	Group Cycling & Striding	Otc	Gym Area 1	
11:00 - 11:45	Group Cycling	Hec	Cycle Studio	
11:00 - 12:00	Body Pump	Scc	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 11:00	Body Combat	Hec	Studio 1	
11:00 - 11:45	Group Cycling	Hec	Cycle Studio	

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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