

DAVID LLOYD - PORT SOLENT - 02392 222700
EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010



MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0645-0740	Multi Circuits	Hec	Studio 1	
0645-0745	Master Swim	Otc	Pool	
0900-0945	Line Dancing	Dan	Studio 2	
0930-1025	Body Combat	Hec	Studio 1	
1000-1030	Abs & Back	Scs	Gym	*
1000-1055	Lose & Shape Up	Otc	Club Room	£, C
1000-1115	Hatha Yoga	Hol	Studio 2	
1035-1130	Body Pump	Scs	Studio 1	
1035-1105	Keiser Cycling	Hec	Gym	
1135-1220	Core Ball	Scs	Studio 1	
1400-1445	Aqua	Scs	Pool	
1500-1555	Indoor Bowls	Otc	Studio 1	
1715-1810	Body Pump	Scs	Studio 1	*
1805-1850	Keiser Cycling Advanced	Hec	Gym	A
1820-1915	Body Jam	Dan	Studio 1	
1830-1915	Legs, Bums & Tums	Scs	Studio 2	*
1900-1930	Cross Training	Hec	Gym	
1925-2020	Body Combat	Hec	Studio 1	
1925-2020	Body Balance	Hol	Studio 2	
1930-2015	RPM	Hec	Gym	
2000-2055	Lose & Shape Up	Otc	Club Room	£, C

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0645-0740	Boxercise	Hec	Studio 1	
0930-1025	Body Combat	Hec	Studio 1	
0930-1025	Tai Chi	Hol	Studio 2	
1000-1030	Abs & Back	Scs	Gym	*
1000-1055	Lose & Shape Up	Otc	Gym	£, C
1030-1125	Tai Chi	Hol	Studio 2	A
1035-1105	Keiser Cycling	Hec	Gym	
1035-1120	Legs, Bums & Tums	Scs	Studio 1	
1125-1210	Body Vive	Scs	Studio 1	
1215-1245	Line Dancing	Dan	Studio 1	
1215-1300	RPM	Hec	Gym	
1300-1355	Pilates	Hol	Studio 2	
1410-1455	Aqua	Scs	Pool	
1730-1800	Keiser Cycling	Hec	Gym	*
1810-1905	Circuits	Hec	Studio 1	
1815-1910	Body Jam	Dan	Studio 2	
1900-1955	Ski Fit	Otc	Gym	C
1915-2010	Legs, Bums & Tums	Scs	Studio 2	
1915-2010	Body Combat	Hec	Studio 1	
1935-2020	Keiser Cycling Advanced	Hec	Gym	A
2015-2110	Ballroom and Latin Dancing	Dan	Studio 1	£, C
2020-2115	Body Balance	Hol	Studio 2	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0645-0730	RPM	Hec	Gym	
0730-0815	Body Pump	Scs	Studio 1	
0930-1025	Body Pump	Scs	Studio 1	
0930-1025	Total Body Workout	Hec	Studio 2	
1000-1055	Ski Fit	Otc	Gym	C
1030-1125	Legs, Bums & Tums	Scs	Studio 1	
1030-1125	Body Balance	Hol	Studio 2	
1200-1255	Master Swim	Otc	Pool	
1400-1600	Senior Club	Otc	Gym	S
1645-1740	Tai Chi	Hol	Studio 1	
1730-1800	Keiser Cycling	Hec	Gym	*
1800-1855	Running Club	Otc	Gym	*
1815-1900	RPM	Hec	Gym	
1815-1900	Body Combat	Hec	Studio 1	
1815-1930	Hatha Yoga	Hol	Studio 2	
1900-1955	Lose & Shape Up	Otc	Club Room	£, C
1910-2005	Body Pump	Scs	Studio 1	
1945-2040	Pilates	Hol	Studio 2	
2015-2100	Core Ball	Scs	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0645-0730	RPM	Hec	Gym	
0900-0945	Pilates	Hol	Studio 2	
1000-1055	Total Body Workout	Hec	Studio 2	
1000-1055	Back Care Fit	Otc	Gym	C
1000-1055	Body Pump	Scs	Studio 1	
1100-1155	Body Balance	Hol	Studio 2	
1100-1155	Master Swim	Otc	Pool	
1115-1200	Senior Conditioning	Scs	Gym	S
1130-1200	Group Exercise Welcome	Otc	Club Room	
1200-1315	Hatha Yoga	Hol	Studio 2	
1215-1310	Pre & Post Natal	Otc	Studio 1	
1410-1455	Aqua	Scs	Pool	
1500-1555	Indoor Bowls	Otc	Studio 1	
1745-1830	Keiser Cycling	Hec	Gym	*
1745-1830	Pilates	Hol	Studio 2	*
1815-1910	Step	Hec	Studio 1	
1900-1930	Abs & Back	Scs	Gym	
1900-1945	Aqua	Scs	Pool	
1900-2015	Yoga	Hol	Studio 2	
1930-2025	Body Pump	Scs	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

