

DAVID LLOYD - RAYNES PARK - 0208 543 8020
EXERCISE CLASS PROGRAMME JANUARY - MARCH 2010



MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.30-07.15	RPM	Hec	Cycle Studio	
09.00-09.55	Pilates	Hol	Studio 2	
09.15-09.30	Introduction to Body Pump	Scs	Studio 1	
09.35-10.15	Trekking	Hec	Gym	*
09.35-10.20	Keiser Cycling	Hec	Cycle Studio	*
09.35-10.30	Body Pump	Scs	Studio 1	
09.45-10.40	Mother & Baby	Otc	DLL KIDS	
10.05-10.50	Aqua	Scs	Pool	S
10.35-11.00	Core Stability	Scs	Studio 2	*
10.35-11.30	Legs, Bums & Tums	Scs	Studio 1	
11.35-12.20	Power Plate	Scs	Gym	£, C
11.35-12.23	Latin Fit	Otc	Studio 1	
13.35-14.30	Pilates	Hol	Studio 1	
13.35-14.30	Hatha Yoga	Hol	Studio 1	
13.35-14.30	Introduction to Pilates	Hol	Studio 2	£, C
18.30-19.35	Body Combat	Hec	Studio 1	
19.00-19.45	Core Stability	Scs	Studio 2	
19.00-19.45	RPM	Hec	Cycle Studio	
19.00-19.45	Adult Swim	Otc	Pool	£
19.30-20.25	Body Pump	Scs	Studio 1	
19.45-20.00	Introduction to Body Balance	Hol	Function Room	
20.00-20.55	Body Balance	Hol	Function Room	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.30-07.15	Keiser Cycling	Hec	Cycle Studio	
09.35-10.15	Trekking	Hec	Gym	
09.35-10.20	RPM	Hec	Cycle Studio	*
09.35-10.30	Body Conditioning	scc	Studio 1	
10.35-11.00	Core Stability	scc	Studio 2	*
10.35-11.30	Body Pump	Scs	Studio 1	
10.35-11.45	Yoga	Hol	Function Room	
11.05-12.00	Body Balance	Hol	Studio 2	
11.35-12.30	Jazzercise	Dan	Studio 1	
12.35-13.30	Pilates	Hol	Studio 1	
13.35-14.30	Pilates	Hol	Studio 1	
14.35-15.30	Legs, Bums & Tums	Scs	Studio 1	S
14.45-15.15	Beginners Group Cycling	Hec	Cycle Studio	
18.00-18.45	Group Exercise Welcome	Otc	Club Room	
18.30-19.25	Pilates	Hol	Function Room	*
18.30-19.25	Body Sculpt	scc	Studio 1	*
19.00-19.30	Core Stability	scc	Studio 2	*
19.00-19.45	RPM	Hec	Cycle Studio	*
19.30-20.25	Multi Circuits	Hec	Studio 1	*
19.30-20.25	Pilates	Hol	Function Room	*
20.30-21.25	Yoga	Hol	Studio 1	
20.30-21.25	Introduction to Pilates	Hol	Function Room	£, C.

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.30-07.15	Body Pump	Scs	Studio 1	
07.30-08.15	Body Balance	Hol	Studio 1	
09.35-10.20	Keiser Cycling	Hec	Cycle Studio	
09.35-10.30	Body Sculpt	scc	Studio 1	
09.35-10.30	Pilates	Hol	Function Room	
10.15-11.00	Aqua	Scs	Pool	S
10.20-10.50	Keiser CyclingExpress	Hec	Cycle Studio	
10.35-11.00	Core Stability	Scs	Studio 2	*
10.35-11.30	Legs, Bums & Tums	Scs	Studio 1	S
11.35-12.10	Group Exercise Welcome	Otc	Club Room	
11.35-12.30	Pre & Post Natal	Scs	DLL Kids	
11.35-12.30	Tai Chi	Hol	Studio 2	
12.15-13.10	Body Pump	Scs	Studio 1	
13.35-14.45	Yoga	Hol	Studio 1	
18.30-19.25	Legs, Bums & Tums	Scs	Studio 1	*
18.30-19.25	Pilates	Hol	Function Room	*
19.00-19.45	Keiser Cycling	Hec	Cycle Studio	*
19.30-20.25	Body Step	Hec	Studio 1	*
19.30-20.25	Pilates	Hol	Function Room	
20.30-21.15	Zumba	Dan	Studio 1	
20.30-21.25	Introduction to Pilates	Hol	Function Room	
20.30-21.25	Master Swim	Otc	Pool	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06.30-07.15	Body Pump	Scs	Studio 1	
07.00-07.55	Master Swim	Otc	Pool	
09.15-10.25	Yoga	Hol	Function Room	
09.35-10.20	Keiser cycling	Hec	Cycle Studio	
09.35-10.30	Body Jam	Dan	Studio 1	
10.05-10.50	Aqua	Scs	Pool	S
10.35-11.00	Core Stability	Scs	Studio 2	
10.35-11.30	Body Sculpt	Scs	Studio 1	
11.35-12.20	Power Plate	Scs	Gym	£, C
11.35-12.30	Pre & post Natal	Otc	Dll Kids	
12.45-13.30	Body Balance	Hol	Studio 1	
13.35-14.45	Yoga	Hol	Studio 1	
14.45-15.15	Beginners Group Cycling	Hec	Cycle Studio	
18.30-19.00	Body Step Express	Hec	Studio 1	*
18.30-19.25	Yogalates	hol	Function Room	*
19.00-19.45	Keiser Cycling	Hec	Cycle Studio	
19.00-19.45	Adult Swim	Otc	Pool	£
19.15-20.10	Body Pump	Scs	Studio 1	
20.15-21.10	Body Combat	Hec	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

