DAVID LLOYD LEISURE - RAYNES PARK - 0208 543 8020

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 09:55	Pilates	Hol	Fun Rm, Func Rm	
09:30 - 10:15	Group Cycling	Hec	Cycling Studio	
09:30 - 10:25	Body Pump	Scc	Studio 1	
10:00 - 10:45	Aqua	Scc	Pool	
10:30 - 11:00	Core Stability	Scc	Studio 2	
12:30 - 13:25	Pilates	Hol	Studio 1	
13:30 - 14:25	Hatha Yoga	Hol	Studio 1	
19:00 - 19:55	Body Balance	Hol	Fun Rm, Func Rm	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:30 - 07:15	Body Pump	Scc	Studio 1	
09:30 - 10:15	Group Cycling	Hec		
09:30 - 10:25	Pilates	Hol	Fun Rm	
09:35 - 10:30	Aerobics	Hec		
10:15 - 11:00	Aqua	Scc	Ind Pool	
10:30 - 11:00	Core Stability	Scc	Studio 2	
10:35 - 11:30	Legs, Bums and Tums	Scc	Studio 1	
11:30 - 12:15	Pre & Post Natal	Otc	Studio 1	
11:35 - 12:20	Group Exercise Welcome	Otc	Club Rm	
11:35 - 12:30	Tai Chi	Hol	Fun Rm, Func Rm	
12:15 - 13:10	Body Pump	Scc	Studio 1	
13:30 - 14:45	Yoga	Hol	Studio 1	
18:30 - 19:25	Legs, Bums and Tums	Scc	Studio 1	
18:30 - 19:25	Pilates	Hol	Fun Rm	
19:00 - 19:45	Group Cycling	Hec		
19:30 - 20:25	Body Step	Hec	Studio 1	
19:30 - 20:25	Pilates	Hol	Fun Rm	
20:30 - 21:15	Zumba	Dan	Studio 1	
20:30 - 21:25	Master Swim	Otc	Ind Pool	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:30 - 07:15	Group Cycling	Hec		
09:15 - 10:00	Aqua	Scc	Pool	
09:30 - 10:15	RPM	Hec	Cycle Studio	
09:35 - 10:30	Body Conditioning	Scc	Studio 1	
10:30 - 11:00	Core Stability	Scc	Studio 2	
10:30 - 11:25	Body Pump	Scc	Studio 1	
10:30 - 11:45	Yoga	Hol	Fun Rm	
11:00 - 11:55	Body Balance	Hol	Studio 2	
11:35 - 12:30	Jazzercise	Dan	Studio 1	
12:30 - 13:25	Pilates	Hol	Studio 1	
13:30 - 14:25	Pilates	Hol	Studio 1	
14:35 - 15:30	Legs, Bums and Tums	Scc	Studio 1	
18:30 - 19:25	Hour of Power	Hec	Studio 1	
18:30 - 19:25	Pilates	Hol	Fun Rm	
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	Fun Rm	
20:30 - 21:25	Yoga	Hol	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:30 - 07:15	Body Pump	Scc	Studio 1	
09:15 - 10:30	Yoga	Hol	Fun Rm	
09:30 - 10:15	Group Cycling	Hec		
09:30 - 10:25	Body Jam	Dan	Studio 1	
10:00 - 10:30	JUKARI Fit to Flex	Otc		
10:00 - 10:45	Aqua	Scc	Pool	
10:30 - 11:00	Core Stability	Scc	Studio 2	
10:35 - 11:30	Body Combat	Hec	Studio 1	
11:35 - 12:35	Pre & Post Natal	Otc		
13:30 - 14:45	Yoga	Hol	Studio 1	
18:30 - 19:00	Body Step Express	Hec	Studio 1	
18:30 - 19:25	Yogalates	Hol	Func Rm	
19:00 - 19:45	Group Cycling	Hec		
19:15 - 20:10	Body Pump	Scc	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

LIFE. Be fit for it
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EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:30 - 07:15	RPM	Hec		
09:30 - 10:15	Aqua	Scc	Pool	
09:30 - 10:15	Group Cycling	Hec		
09:35 - 10:30	Aerobics	Hec		
10:30 - 11:00	Core Stability	Scc	Studio 2	
10:30 - 11:25	Body Pump	Scc	Studio 1	
10:35 - 11:30	Body Balance	Hol	Fun Rm	
12:15 - 13:00	Zumba	Dan	Studio 1	
13:05 - 14:00	Pilates	Hol	Studio 1	
17:15 - 18:00	Body Conditioning	Scc	Studio 1	
19:15 - 20:10	Circuits	Hec	Studio 1	
20:15 - 21:10	Yoga	Hol	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:15 - 09:45	Yoga	Hol	Fun Rm	
09:00 - 09:45	Aqua	Scc	Pool	
09:00 - 09:55	Circuits	Hec	Studio 1	
10:00 - 10:30	Core Stability	Scc	Studio 2	
10:00 - 10:55	Body Pump	Scc	Studio 1	
10:30 - 11:15	Group Cycling	Hec		
11:05 - 12:00	Aerobics	Hec		
11:15 - 11:45	Group Cycling	Hec		
12:30 - 13:25	Pilates	Hol	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:25	Multi Circuits	Hec	Studio 1	
10:30 - 11:15	Group Cycling	Hec		
10:45 - 11:00	Introduction to Body Pump	Scc		
11:00 - 11:55	Body Pump	Scc	Studio 1	
19:15 - 20:45	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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