DAVID LLOYD LEISURE - RAYNES PARK - 0208 543 8020

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:30 - 07:15	Group Cycling	Hec	Cycle Studio	
09:00 - 09:55	Pilates	Hol	Fun Rm, Func Rm	
09:30 - 10:15	Zone Cycling	Hec	Cycle Studio	
09:35 - 10:05	Trekking	Hec		
09:35 - 10:30	Body Pump	Scc	Studio 1	
10:00 - 10:45	Aqua	Scc	Pool	
10:30 - 11:15	Pre & Post Natal	Otc		
10:35 - 11:05	Core Stability	Scc	Studio 2	
10:35 - 11:30	Legs, Bums and Tums	Scc	Studio 1	
11:35 - 12:30	Dance Fit	Otc	Studio 1	
12:30 - 13:00	ViPR Taster	Otc	Gym Area 1	
12:35 - 13:30	Pilates	Hol	Studio 1	
13:00 - 14:00	Pilates Beginners	Otc		£
13:00 - 14:00	Pilates Beginners	Otc		£
13:30 - 14:25	Hatha Yoga	Hol	Studio 1	
18:30 - 19:25	Body Combat	Hec	Studio 1	
19:00 - 19:30	Core Stability	Scc	Studio 2	
19:00 - 19:45	Group Cycling	Hec	Cycle Studio	
19:30 - 20:25	Body Pump	Scc	Studio 1	
19:30 - 20:30	Lose & Shape Up	Otc		£
20:00 - 20:55	Body Balance	Hol	Fun Rm	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:30 - 07:15	Body Pump	Scc	Studio 1	
07:00 - 07:30	Power Plate	Scc	Gym Area 1	
07:00 - 07:55	Master Swim	Otc	Pool	
08:30 - 09:00	Kettle Bell	Scc	Gym 1	
09:30 - 10:15	Group Cycling	Hec		
09:35 - 10:30	Aerobics	Hec		
09:35 - 10:30	Pilates	Hol	Fun Rm	
10:00 - 10:45	Aqua	Scc	Pool	
10:00 - 11:00	Lose & Shape Up	Otc		£
10:35 - 11:05	Core Stability	Scc	Studio 2	
10:35 - 11:30	Legs, Bums and Tums	Scc	Studio 1	
11:00 - 11:30	TRX Taster	Otc	Gym 2	
11:30 - 12:25	Mother & Baby	Otc	Kids Sports H	
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	
18:15 - 19:00	Group Cycling	Hec	Cycle Studio	
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		
19:00 - 20:00	Running Club	Otc	Outside	
19:30 - 20:25	Pilates	Hol	Fun Rm	
19:30 - 20:25	Step	Hec	Studio 1	
20:00 - 20:30	Kettle Bell	Scc	Gym 1	
20:30 - 21:15	Zumba	Dan	Studio 1	
20:30 - 21:25	Master Swim	Otc	Ind Pool	

KEY

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S Designed for senior members
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WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:30 - 07:15	Group Cycling	Hec		
09:15 - 10:00	Aqua	Scc	Ind Pool	
09:30 - 10:15	RPM	Hec	Cycle Studio	
09:30 - 10:25	Mother & Baby	Otc		
09:35 - 10:05	Trekking	Hec		
09:35 - 10:30	Back Care Fit	Otc	Studio 2	
09:35 - 10:30	Body Conditioning	Scc		
10:30 - 11:45	Yoga	Hol	Fun Rm	
10:35 - 11:05	Core Stability	Scc	Studio 2	
10:35 - 11:30	Body Pump	Scc	Studio 1	
11:05 - 12:00	Body Balance	Hol	Studio 2	
11:35 - 12:30	Dance Fit	Otc	Studio 1	
12:35 - 13:30	Pilates	Hol	Studio 1	
13:35 - 14:30	Pilates	Hol	Studio 1	
17:30 - 18:15	Group Exercise Welcome	Otc		
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	
19:30 - 20:30	Lose & Shape Up	Otc		£
20:00 - 20:30	ViPR Taster	Otc	Gym Area 1	
20:30 - 21:25	Yoga	Hol	Fun Rm	
20:30 - 21:30	Pilates Beginners	Otc		£
20:30 - 21:30	Pilates Beginners	Otc		£

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:30 - 07:15	Body Pump	Scc	Studio 1	
07:00 - 07:55	Master Swim	Otc		
08:30 - 09:00	ViPR Taster	Otc	Gym 1	
09:15 - 10:45	Yoga	Hol	Fun Rm	
09:30 - 10:15	Group Cycling	Hec		
09:35 - 10:30	Dance Fit	Otc	Studio 1	
10:00 - 10:45	Aqua	Scc	Ind Pool	
10:00 - 11:00	Lose & Shape Up	Otc		£
10:35 - 11:05	Core Stability	Scc	Studio 2	
10:35 - 11:30	Circuits	Hec	Studio 1	
11:00 - 11:55	Pilates	Hol		
11:05 - 11:35	Core Stability	Scc	Studio 2	
11:35 - 12:30	Pre & Post Natal	Otc	Studio 1	£
13:30 - 14:45	Yoga	Hol	Studio 1	
18:30 - 19:15	Zumba	Dan	Studio 1	
19:00 - 19:45	Zone Cycling	Hec	Cycle Studio	
19:15 - 20:10	Body Pump	Scc	Studio 1	
19:30 - 20:30	Lose & Shape Up	Otc		£
20:15 - 21:10	Body Combat	Hec	Studio 1	

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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:30 - 07:15	Group Cycling	Hec	Cycle Studio	
09:30 - 10:15	Aqua	Scc	Pool	
09:30 - 10:15	Group Cycling	Hec		
09:35 - 10:30	Aerobics	Hec		
10:35 - 11:05	Core Stability	Scc	Studio 2	
10:35 - 11:30	Body Balance	Hol	Fun Rm	
10:35 - 11:30	Body Pump	Scc	Studio 1	
11:35 - 12:30	Yoga	Hol	Fun Rm	
12:00 - 12:55	Mother & Baby	Otc		
12:15 - 13:00	Zumba	Dan	Studio 1	
13:05 - 14:00	Pilates	Hol	Studio 1	
15:00 - 15:30	Power Plate	Scc	Gym Area 2	
18:00 - 18:45	Body Conditioning	Scc		
18:30 - 19:00	TRX Taster	Otc	Gym Area 2	
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	
08:30 - 09:15	Aqua	Scc	Pool	
08:45 - 09:45	Pilates Beginners	Otc		£
08:45 - 09:45	Pilates Beginners	Otc		£
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 - 12:00	Zone Cycling	Hec	Cycle Studio	
11:30 - 12:00	Kettle Bell	Scc	Gym Area 1	
12:00 - 13:00	Lose & Shape Up	Otc		£
13:00 - 13:55	Pilates	Hol		

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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

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	
12:30 - 13:15	Zumba	Dan		
13:30 - 14:25	Body Balance	Hol	Studio 1	
16:30 - 17:00	Power Plate	Scc	Gym	
18:00 - 18:55	Body Conditioning	Scc		
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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