DAVID LLOYD LEISURE - RINGWOOD - 01425 470101

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:30 - 09:25	Senior Conditioning	Scc	Studio 1	
08:30 - 09:30	Body Balance	Hol	Studio 2	
09:30 - 10:00	Body Pump Express	Scc	Studio 1	
09:30 - 10:00	Group Cycling	Hec	Cycle Studio	
09:30 - 10:25	Zumba	Dan	Studio 2	
10:15 - 10:45	CX Worx	Scc	Studio 1	
10:45 - 11:45	Dynamic Yoga	Hol	Studio 2	
11:00 - 11:30	CX Worx	Scc	Studio 1	
11:00 - 11:45	Aqua	Scc	Out Pool	
12:00 - 12:55	Pilates Intermediate	Hol	Studio 1	
13:30 - 14:00	Body Pump	Scc	Studio 1	
14:00 - 14:30	CX Worx	Scc	Studio 1	
14:45 - 15:45	Pilates Foundation	Otc	Studio 1	
16:00 - 17:00	Body Pump	Scc	Studio 1	
17:00 - 18:00	Body Balance	Hol	Studio 1	
18:00 - 19:00	Body Attack	Hec	Studio 2	
18:00 - 19:00	Body Combat	Hec	Studio 1	
19:00 - 19:55	Pilates Intermediate	Hol	Studio 2	
19:00 - 20:00	Body Pump	Scc	Studio 1	
19:00 - 20:00	Triathlon Bike/Run/Swim	Otc	Out Pool	
20:00 - 21:00	Body Balance	Hol	Studio 2	
20:00 - 21:00	Triathlon Bike/Run/Swim	Otc	Cycle Studio	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:55	Circuits	Hec	Ind Crt 10	
08:30 - 09:30	Body Pump	Scc	Studio 1	
09:00 - 09:30	CX Worx	Scc	Studio 2	
09:30 - 10:25	Aerobics	Hec	Studio 1	
09:30 - 10:30	Body Combat	Hec	Studio 2	
10:30 - 11:30	Body Balance	Hol	Studio 2	
11:15 - 12:00	Aqua	Scc	Out Pool	
11:30 - 12:30	Tai Chi	Hol	Studio 1	
12:00 - 12:55	Pre & Post Natal Yoga	Hol	Kids Zone	
13:30 - 14:30	Body Balance	Hol	Studio 1	
16:00 - 16:45	Family Yoga	Hol	Studio 1	
18:00 - 18:30	Body Attack Express	Hec	Studio 1	
18:00 - 18:45	Group Cycling	Hec	Cycle Studio	
18:00 - 19:00	Legs, Bums & Tums	Scc	Studio 2	
18:30 - 19:00	CX Worx	Scc	Studio 1	
19:00 - 19:30	Body Pump Express	Scc	Studio 1	
19:00 - 19:55	Zumba	Dan	Studio 2	
20:00 - 20:55	Zumba	Dan	Studio 2	
20:00 - 21:00	Kick Boxing	Hec	Studio 1	

KEY

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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:30	Group Cycling	Hec	Cycle Studio	
07:30 - 08:00	CX Worx	Scc	Studio 1	
08:30 - 09:25	Senior Conditioning	Scc	Studio 1	
08:30 - 09:30	Mature Movers	Otc	Studio 2	
09:30 - 10:15	Group Cycling	Hec	Cycle Studio	
09:30 - 10:25	Body Jam	Dan	Studio 1	
09:30 - 10:30	Body Attack	Hec	Studio 2	
10:30 - 11:25	Vinyasa Yoga	Hol	Studio 2	
10:30 - 11:30	Body Pump	Scc	Studio 1	
12:00 - 12:55	Pilates Intermediate	Hol	Studio 1	
13:30 - 14:00	CX Worx	Scc	Studio 1	
14:00 - 14:30	Body Balance Express	Hol	Studio 1	
16:00 - 16:30	CX Worx	Scc	Studio 1	
16:30 - 17:30	Family Yoga	Hol	Studio 1	
17:45 - 18:40	Vinyasa Yoga	Hol	Studio 2	
18:00 - 18:45	Group Cycling	Hec	Cycle Studio	
18:00 - 19:00	Body Pump	Scc	Studio 1	
18:15 - 19:00	Aqua	Scc	Out Pool	
19:00 - 19:55	Lose & Shape Up Course	Otc		£
19:00 - 20:00	Body Balance	Hol	Studio 1	
19:00 - 20:00	Lose & Shape Up Follow On	Otc	Gym	£
19:00 - 20:00	Triathlon Bike/Run/Swim	Otc	Out Pool	
19:00 - 20:30	Hatha Yoga	Hol	Studio 2	
20:00 - 21:00	Triathlon Bike/Run/Swim	Otc	Cycle Studio	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:30 - 09:30	Body Balance	Hol	Studio 1	
09:00 - 09:30	CX Worx	Scc	Studio 2	
09:30 - 10:15	Group Cycling	Hec	Cycle Studio	
09:30 - 10:25	Body Conditioning	Scc	Studio 2	
09:30 - 10:30	Legs, Bums & Tums	Scc	Studio 1	
10:30 - 11:30	Body Balance	Hol	Studio 1	
10:45 - 12:15	Hatha Yoga	Hol	Studio 2	
11:15 - 12:00	Aqua	Scc	Out Pool	
12:00 - 13:00	Pilates Foundation	Otc	Studio 1	
13:30 - 14:30	Body Pump & Balance	Scc	Studio 1	
16:00 - 17:00	Body Pump & Balance	Scc	Studio 1	
18:00 - 18:40	Flexi Bar	Scc	Studio 2	
18:00 - 19:00	Body Pump	Scc	Studio 1	
19:00 - 19:55	Body Jam	Dan	Studio 2	
19:00 - 20:00	Body Combat	Hec	Studio 1	
20:00 - 20:55	Vinyasa Yoga	Hol	Studio 1	

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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 08:00	Group Cycling	Hec	Cycle Studio	
08:30 - 09:25	Senior Multi Circuits	Hec	Studio 1	
08:30 - 09:30	Body Pump	Scc	Studio 2	
09:30 - 10:15	Group Cycling	Hec	Cycle Studio	
09:30 - 10:25	Aerobics	Hec	Studio 1	
09:30 - 10:25	Running Club	Otc	Outside	
09:30 - 10:25	Zumba	Dan	Studio 2	
10:00 - 11:00	Triathlon Bike/Run/Swim	Otc	Out Pool	
10:30 - 11:30	Body Pump	Scc	Studio 1	
10:30 - 12:00	Dynamic Yoga	Hol	Studio 2	
11:00 - 12:00	Triathlon Bike/Run/Swim	Otc	Cycle Studio	
11:30 - 12:15	Aqua	Scc	Out Pool	
13:30 - 14:30	Body Balance	Hol	Studio 1	
18:00 - 18:30	Group Cycling	Hec	Cycle Studio	
18:00 - 18:55	Body Jam	Dan	Studio 1	
18:30 - 19:00	CX Worx	Scc	Studio 2	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:30 - 09:00	CX Worx	Scc	Studio 1	
08:30 - 09:30	Body Pump	Scc	Studio 2	
09:00 - 09:40	Flexi Bar	Scc	Studio 1	
09:30 - 10:25	Body Conditioning	Scc	Studio 2	
09:45 - 10:00	Introduction to Body Combat	Hec	Studio 1	
10:00 - 11:00	Body Combat	Hec	Studio 1	
10:30 - 12:00	Hatha Yoga	Hol	Studio 2	
11:00 - 12:00	Body Balance	Hol	Studio 1	
12:30 - 14:00	Karate	Hec	Studio 1	

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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 10:00	Group Cycling	Hec	Cycle Studio	
10:00 - 11:00	Body Combat	Hec	Studio 2	
10:00 - 11:00	Body Pump	Scc	Studio 1	
11:00 - 12:00	Body Balance	Hol	Studio 1	
16:45 - 17:45	Pilates Foundation	Otc	Studio 1	
18:00 - 19:00	Body Pump	Scc	Studio 1	
18:00 - 19:30	Dance With David Lloyd	Dan	Studio 2	£
19:00 - 19:30	CX Worx	Scc	Studio 1	
19:30 - 20:00	Body Balance Express	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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