DAVID LLOYD LEISURE - SIDCUP - 0208 309 4900

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:30	Group Cycling Advanced	Otc	Spin Studio	
10:00 - 10:55	Body Combat	Hec	Studio 1	
11:00 - 11:55	Body Pump	Scc	Studio 1	
18:30 - 19:00	ViPR Taster	Otc	Gym	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 09:30	ViPR Taster	Otc	Gym	
09:30 - 10:25	Circuits	Hec	Studio 1	
09:30 - 10:30	Group Cycling Advanced	Otc	Spin Studio	
10:30 - 11:25	Body Balance	Hol		
10:30 - 11:25	Body Conditioning	Scc	Studio 1	
11:30 - 12:25	Line Dancing	Dan	Studio 1	
11:30 - 13:00	Yoga	Hol	Studio 2	
12:30 - 13:30	Senior Multi Circuits	Hec	Studio 1	
18:00 - 18:45	Beginners Group Cycling	Hec	Spin Studio	
18:15 - 19:00	Legs, Bums and Tums	Scc		
19:00 - 19:55	Body Attack	Hec	Studio 1	
19:00 - 19:55	Body Balance	Hol	Studio 2	
19:15 - 20:00	Group Cycling	Hec	Spin Studio	
20:00 - 20:55	Pilates Beginners	Hol	Studio 2	
20:00 - 20:55	Total Body Workout	Hec	Studio 1	
20:00 - 21:00	Adult Football	Otc	Sports H	
21:00 - 22:00	Adult Football	Otc	Sports H	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:15	Group Cycling	Hec	Spin Studio	
07:15 - 07:45	Body Pump	Scc	Studio 1	
09:30 - 10:25	Body Pump	Scc	Studio 1	
09:45 - 10:30	Aqua	Scc	Ind Pool	
09:45 - 10:30	Group Cycling	Hec	Spin Studio	
10:30 - 11:15	Legs, Bums and Tums	Scc		
11:00 - 11:45	Senior Club	Otc	Gym	
12:30 - 13:00	Group Exercise Welcome	Otc	Club Rm	
18:00 - 18:55	Pilates Intermediate	Hol	Studio 2	
18:15 - 19:10	Body Pump	Scc	Studio 1	
18:30 - 19:15	Group Cycling	Hec	Spin Studio	
19:15 - 20:10	Body Combat	Hec	Studio 1	
19:30 - 20:15	Aqua	Scc	Ind Pool	
20:00 - 21:30	Yoga	Hol	Studio 2	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	RPM	Hec	Spin Studio	
09:30 - 10:25	Pilates Beginners	Hol	Studio 2	
09:30 - 10:25	Total Body Workout	Hec	Studio 1	
10:00 - 11:00	Master Swim	Otc	Pool	
10:30 - 11:15	Core Stability	Scc	Studio 2	
10:30 - 11:25	Body Conditioning	Scc	Studio 1	
11:00 - 11:45	Aqua	Scc	Ind Pool	
11:30 - 13:00	Yoga	Hol	Studio 2	
18:00 - 19:30	Yoga	Hol	Studio 2	
18:15 - 19:00	Body Attack	Hec	Studio 1	
19:00 - 19:55	Body Conditioning	Scc	Studio 1	
19:15 - 20:00	Group Cycling	Hec	Spin Studio	
20:00 - 20:45	Core Stability	Scc	Studio 2	
20:00 - 20:45	Step	Hec	Studio 1	
20:30 - 22:00	Adult Basketball	Otc	Sports H	

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
07:00 - 07:45	Group Cycling	Hec	Spin Studio	
09:30 - 10:25	Body Balance	Hol	Studio 2	
09:30 - 10:25	Body Conditioning	Scc	Studio 1	
09:30 - 10:30	Master Swim	Otc	Pool	
09:45 - 10:30	Group Cycling	Hec	Spin Studio	
10:30 - 11:25	Body Pump	Scc	Studio 1	
10:30 - 11:25	Pilates Beginners	Hol	Studio 2	
11:30 - 12:25	Line Dancing	Dan	Studio 1	
11:30 - 12:25	Pilates Intermediate	Hol	Studio 2	
12:30 - 13:15	Salsa Aerobics	Dan	Studio 1	
13:00 - 13:45	Aqua	Scc	Pool	
18:15 - 19:00	Group Cycling	Hec	Spin Studio	
19:00 - 19:55	Line Dancing	Dan	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:00 - 09:00	Master Swim	Otc	Pool	
09:00 - 09:55	Body Pump	Scc	Studio 1	
10:00 - 10:45	RPM	Hec	Spin Studio	
10:00 - 10:55	Body Balance	Hol	Studio 2	
10:00 - 10:55	Total Body Workout	Hec	Studio 1	
11:00 - 11:55	Body Conditioning	Scc	Studio 1	
11:00 - 11:55	Tai Chi	Hol	Studio 2	
14:00 - 15:00	Kick Boxing	Hec	Studio 1	
15:00 - 16:00	Kick Boxing	Hec	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:15 - 10:00	Step	Hec	Studio 1	
10:00 - 10:55	Body Combat	Hec	Studio 1	
10:00 - 10:55	Pilates Beginners	Hol	Studio 2	
10:00 - 11:00	Group Cycling Advanced	Otc	Spin Studio	
11:00 - 11:55	Body Pump	Scc	Studio 1	
11:00 - 12:30	Yoga	Hol	Studio 2	
18:00 - 18:45	Aqua	Scc	Ind Pool	
19:00 - 19:55	Functional Conditioning	Scc	Studio 2	

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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