DAVID LLOYD LEISURE - SOUTHAMPTON - 02380 747160

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	Aerobics	Hec	Studio 1	
10:15 - 11:10	Body Pump	Scc	Studio 1	
11:00 - 11:45	Aqua	Scc	Ind Pool	
17:00 - 17:45	Group Cycling	Hec	Cycle Studio	
18:00 - 18:55	Body Pump	Scc	Studio 1	
18:00 - 18:55	Hatha Yoga	Hol	Studio 2	
18:30 - 19:30	Power Plate Taster	Otc	Gym 1	
19:00 - 19:55	Pilates	Hol	Studio 2	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	RPM	Hec	Cycle Studio	
08:45 - 09:30	Body Combat	Hec	Studio 1	
09:30 - 10:25	Body Balance	Hol	Studio 2	
09:30 - 10:25	Body Combat	Hec	Studio 1	
10:00 - 10:45	Group Cycling	Hec	Cycle Studio	
10:30 - 11:25	Body Balance	Hol	Studio 2	
11:30 - 12:25	Body Vive	Scc	Studio 1	
11:30 - 12:30	ViPR Taster	Otc	Gym	
12:00 - 13:00	Group Exercise Welcome	Otc	Club Rm	
12:30 - 13:25	Pilates	Hol	Studio 2	
12:30 - 13:25	Tai Chi	Hol	Studio 1	
18:00 - 18:45	Body Combat	Hec	Studio 1	
19:00 - 19:45	Group Cycling	Hec	Cycle Studio	
19:00 - 19:55	Body Balance	Hol	Studio 2	
19:00 - 20:00	Boxercise	Hec	Studio 1	
20:00 - 20:55	Yoga	Hol	Studio 2	
20:15 - 21:10	Body Pump	Scc	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	Aqua	Scc	Ind Pool	
09:30 - 10:25	Body Combat	Hec	Studio 1	
09:30 - 10:30	Power Plate Taster	Otc	Gym 1	
10:30 - 11:25	Legs, Bums and Tums	Scc	Studio 1	
10:30 - 11:30	JUKARI Fit to Flex	Otc	Studio 2	
18:00 - 18:45	Group Cycling	Hec	Cycle Studio	
18:15 - 19:10	Body Jam	Dan	Studio 1	
18:30 - 19:15	Aqua	Scc	Ind Pool	
18:45 - 20:15	Running Club	Otc	Outside	
19:15 - 20:00	Legs, Bums and Tums	Scc	Studio 1	
19:15 - 20:10	Pilates	Hol	Studio 2	
20:00 - 20:55	Body Combat	Hec	Studio 1	
20:15 - 21:10	Kick Boxing	Hec	Studio 2	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:30 - 09:15	JUKARI Fit to Flex	Otc	Studio 1	
09:30 - 10:15	Aqua	Scc	Ind Pool	
09:30 - 10:15	Group Cycling	Hec	Cycle Studio	
09:30 - 10:25	Step	Hec	Studio 1	
10:00 - 10:55	Pilates	Hol	Studio 2	
10:30 - 11:00	Core Stability	Scc	Gym	
10:35 - 11:30	Body Pump	Scc	Studio 1	
11:00 - 11:55	Pilates	Hol	Studio 2	
12:00 - 12:55	Body Balance	Hol	Studio 2	
12:30 - 13:30	Pre & Post Natal	Otc	Studio 1	
18:00 - 18:55	Body Pump	Scc	Studio 1	
18:30 - 19:30	ViPR Taster	Otc	Gym	
19:00 - 19:45	RPM	Hec	Cycle Studio	
19:00 - 19:55	Yoga	Hol	Studio 2	
19:15 - 20:45	Boxercise	Hec	Studio 1	
20:00 - 20:55	Body Balance	Hol	Studio 2	

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
DAVIDLLOYD.CO.UK

DAVID LLOYD LEISURE - SOUTHAMPTON - 02380 747160

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:45 - 09:30	Body Combat	Hec	Studio 1	
09:15 - 10:00	Salsa Aerobics	Dan	Studio 2	
09:30 - 10:25	Body Combat	Hec	Studio 1	
09:45 - 10:30	Group Cycling	Hec	Cycle Studio	
10:00 - 10:55	Vinyasa Yoga	Hol	Studio 2	
10:35 - 11:05	Core Stability	Scc	Gym	
11:00 - 11:55	Body Balance	Hol	Studio 2	
11:00 - 11:55	Body Vive	Scc	Studio 1	
11:30 - 12:15	Aqua	Scc	Ind Pool	
17:00 - 17:55	Body Pump	Scc	Studio 1	
19:00 - 19:55	Karate	Hec	Studio 1	
19:30 - 20:25	Hatha Yoga	Hol	Studio 2	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 09:45	RPM	Hec	Cycle Studio	
09:00 - 10:00	Aerobics	Hec	Studio 1	
09:15 - 10:10	Yoga	Hol	Studio 2	
10:00 - 10:45	Group Cycling	Hec	Cycle Studio	
10:00 - 10:55	Body Pump	Scc	Studio 1	
11:00 - 11:55	Pilates	Hol	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 09:55	Body Balance	Hol	Studio 2	
09:00 - 09:55	Circuits	Hec	Studio 1	
10:00 - 10:45	Group Cycling	Hec	Cycle Studio	
10:00 - 10:55	Legs, Bums and Tums	Scc	Studio 1	
11:00 - 11:55	Body Combat	Hec	Studio 1	
19:00 - 19:55	Hatha Yoga	Hol	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.

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
DAVIDLLOYD.CO.UK