

# DAVID LLOYD LEISURE - SOUTHEND - 01702 520355

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010



## MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:25	Body Pump	Sc	Studio 1	
09:30 - 10:25	Pilates	Hol	Studio 2	
10:30 - 11:25	Aerobics	Hec	Studio 1	
10:30 - 11:25	Group Cycling Advanced	Otc	Cycle Studio	
11:30 - 12:25	Yoga	Hol	Studio 2	
12:00 - 12:45	Aqua	Sc	Main Pool	
12:30 - 13:25	Yoga	Hol	Studio 2	
18:00 - 18:30	Core Stability	Sc	Studio 1	
18:30 - 19:25	Body Pump	Sc	Studio 1	
18:30 - 19:25	Group Cycling Advanced	Otc	Cycle Studio	
18:30 - 19:25	Yoga	Hol	Studio 2	
19:30 - 20:25	Body Attack	Hec	Studio 1	
19:30 - 20:25	Body Balance	Hol	Studio 2	
20:30 - 21:25	Master Swim	Otc	Main Pool	
20:30 - 21:30	Boxercise	Hec	Studio 1	

## TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Body Pump Express	Sc	Studio 1	
09:15 - 10:00	Group Cycling Advanced	Otc	Cycle Studio	
09:15 - 10:00	JUKARI Fit to Flex	Otc	Studio 2	
09:30 - 10:15	Aqua	Sc	Ind Pool	
09:30 - 10:25	Total Body Workout	Hec	Studio 1	
10:30 - 11:00	Line Dancing	Dan	Studio 2	
10:30 - 11:25	Group Cycling Advanced	Otc	Cycle Studio	
10:30 - 11:25	Legs, Bums and Tums	Sc	Studio 1	
11:00 - 12:00	Line Dancing	Dan	Studio 2	
18:30 - 19:15	Group Cycling Advanced	Otc	Cycle Studio	
18:30 - 19:25	Body Combat	Hec	Studio 1	
18:30 - 19:25	YogaMoves	Hol	Studio 2	
19:00 - 19:45	Aqua	Sc	Ind Pool	
19:30 - 20:15	Group Cycling Advanced	Otc	Cycle Studio	
19:30 - 20:25	Boot Camp	Hec	Studio 1	
19:30 - 20:25	Pilates	Hol	Studio 2	
20:30 - 21:25	Body Pump	Sc	Studio 1	

## WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling Advanced	Otc	Cycle Studio	
09:15 - 10:00	JUKARI Fit to Flex	Otc	Studio 2	
09:30 - 10:25	Group Cycling Advanced	Otc	Cycle Studio	
09:30 - 10:25	Total Body Workout	Hec	Studio 1	
10:00 - 10:55	Yoga	Hol	Studio 2	
10:30 - 11:25	Body Combat	Hec	Studio 1	
11:00 - 11:55	Pilates	Hol	Studio 2	
12:00 - 12:45	Aqua	Sc	Main Pool	
18:00 - 18:30	Core Stability	Sc	Studio 1	
18:30 - 19:25	Body Pump	Sc	Studio 1	
18:30 - 19:25	Group Cycling Advanced	Otc	Cycle Studio	
19:30 - 20:25	Body Attack	Hec	Studio 1	
19:30 - 20:25	Pilates	Hol	Studio 2	
20:30 - 21:25	Legs, Bums and Tums	Sc	Studio 1	
20:30 - 21:25	Master Swim	Otc	Main Pool	

## THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:15 - 10:00	Group Cycling Advanced	Otc	Cycle Studio	
09:30 - 10:15	Aqua	Sc	Main Pool	
09:30 - 10:25	Step	Hec	Studio 1	
09:30 - 10:30	Line Dancing	Dan	Studio 2	
10:30 - 11:25	Body Balance	Hol	Studio 2	
10:30 - 11:25	Body Pump	Sc	Studio 1	
10:30 - 11:25	Group Cycling Advanced	Otc	Cycle Studio	
18:30 - 19:15	Group Cycling Advanced	Otc	Cycle Studio	
18:30 - 19:25	Body Combat	Hec	Studio 1	
19:00 - 19:45	Aqua	Sc	Ind Pool	
19:00 - 20:30	Karate	Hec	Studio 2	
19:30 - 20:15	Group Cycling Advanced	Otc	Cycle Studio	
19:30 - 20:25	Boot Camp	Hec	Studio 1	
20:30 - 21:25	Body Pump	Sc	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

