DAVID LLOYD LEISURE - SUDBURY HILL - 0208 422 7777

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Group Cycling	Hec	Cycling Studio	
07:30 - 08:00	Abs & Back	Scc	Gym Area 1	
10:00 - 10:45	Group Cycling	Hec	Cycling Studio	
10:00 - 10:55	Legs, Bums and Tums	Scc	Studio 1	
11:00 - 11:45	Aqua	Scc	Main Pool	
11:00 - 11:55	Zumba	Dan	Studio 1	
12:00 - 12:55	Coffee Club	Otc	Lounge	
13:30 - 14:25	Hatha Yoga	Hol	Studio 1	
17:30 - 18:25	Body Pump	Scc	Studio 1	
17:30 - 18:30	Family Boxing	Otc	Studio 2	
18:30 - 19:30	Salsa Aerobics	Dan	Studio 2	
19:00 - 19:45	Group Cycling	Hec	Cycle Studio, Spin Studio	
19:00 - 19:55	Pilates	Hol	Studio 1	
19:30 - 20:15	Hatha Yoga	Hol	Studio 2	
19:45 - 20:15	Abs & Back	Scc	Gym Area 1	
20:00 - 20:55	Body Jam	Dan	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:40	Boot Camp	Hec	Studio 1	
06:45 - 07:40	Iyengar Yoga	Hol	Studio 2	
09:00 - 09:55	Hatha Yoga	Hol	Studio 1	
09:30 - 10:15	Group Cycling	Hec	Cycle Studio	
10:15 - 10:45	Abs & Back	Scc	Gym 1	
11:00 - 11:45	Aqua	Scc	Main Pool	
11:00 - 11:55	Hatha Yoga	Hol	Studio 1	
18:15 - 19:00	Pilates Fitness	Hol	Studio 1	
18:45 - 19:40	Body Balance	Hol	Studio 2	
19:00 - 19:45	Group Cycling	Hec	Cycle Studio	
19:00 - 19:55	Body Attack	Hec	Studio 1	
19:45 - 20:40	Legs, Bums and Tums	Scc	Studio 2	
20:00 - 20:30	Aqua	Scc	Pool	
20:00 - 20:55	Body Pump	Scc	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:40	Body Pump	Scc	Studio 1	
09:30 - 10:15	Group Cycling	Hec	Cycle Studio	
09:45 - 10:40	Total Body Workout	Hec	Studio 1	
10:15 - 10:45	Abs & Back	Scc	Gym Area 1	
11:00 - 11:45	Aqua	Scc	Main Pool	
11:00 - 11:55	Pilates	Hol	Studio 1	
12:15 - 13:15	Power Walking	Hec		
14:00 - 14:55	Yoga	Hol	Studio 1	
18:15 - 19:00	Group Cycling	Hec	Cycle Studio	
19:00 - 19:55	Aerobics	Hec	Studio 1	
19:00 - 20:00	Family Boxing	Otc	Studio 2	
20:00 - 20:30	Abs & Back	Scc	Gym Area 1	
20:00 - 20:55	Body Balance	Hol	Studio 2	
20:00 - 20:55	Pilates	Hol	Studio 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Group Cycling	Hec	Cycle Studio	
06:45 - 07:40	Hatha Yoga	Hol	Studio 1	
07:30 - 08:00	Abs & Back	Scc	Gym Area 1	
09:30 - 10:15	Group Cycling	Hec	Cycle Studio	
09:45 - 10:30	Zumba	Dan	Studio 1	
10:30 - 11:25	Body Pump	Scc	Studio 1	
11:30 - 12:25	Body Balance	Hol	Studio 1	
13:30 - 14:30	Astanga Yoga	Hol	Studio 1	
18:30 - 19:30	Family Boxing	Otc	Studio 1	
18:45 - 19:30	Aqua	Scc	Ind Pool	
19:30 - 20:15	Group Cycling	Hec	Cycle Studio	
19:30 - 20:25	Body Combat	Hec	Studio 1	
20:15 - 20:45	Abs & Back	Scc	Gym Area 1	
20:30 - 21:25	Body Pump	Scc	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

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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Group Cycling	Hec	Cycle Studio	
07:30 - 08:00	Abs & Back	Scc	Gym Area 1	
10:00 - 10:45	Group Cycling	Hec	Cycle Studio	
10:00 - 10:55	Body Combat	Hec	Studio 1	
10:00 - 11:00	Core Stability	Scc	Studio 2	
11:00 - 11:55	Body Balance	Hol	Studio 1	
11:30 - 12:15	Aqua	Scc	Main Pool	
12:10 - 12:55	Total Body Workout	Hec	Studio 1	
13:00 - 14:00	Astanga Yoga	Hol	Studio 1	
18:30 - 19:15	Group Cycling	Hec	Cycle Studio	
18:30 - 19:30	Family Zumba (11yrs +)	Dan	Studio 1	
19:15 - 19:45	Abs & Back	Scc	Gym Area 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:00 - 08:55	Hatha Yoga	Hol	Studio 1	
08:30 - 09:15	Group Cycling	Hec	Cycle Studio	
09:30 - 10:25	Aerobics	Hec	Studio 1	
10:45 - 11:40	Body Pump	Scc	Studio 1	
11:00 - 12:30	Yoga	Hol	Studio 2	
11:30 - 12:15	Aqua	Scc	Main Pool	
12:15 - 12:45	Aqua	Scc	Pool	
12:30 - 13:15	Group Cycling	Hec	Cycle Studio	
16:00 - 16:55	Multi Circuits	Hec	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	Group Cycling	Hec	Cycle Studio	
09:30 - 10:15	Group Exercise Welcome	Otc	Rec	
09:30 - 10:25	Zumba	Dan	Studio 1	
10:30 - 11:15	Group Cycling	Hec	Cycle Studio	
10:30 - 11:25	Body Balance	Hol	Studio 2	
10:30 - 11:25	Body Combat	Hec	Studio 1	
11:15 - 11:45	Abs & Back	Scc	Gym Area 1	
11:30 - 12:25	Body Pump	Scc	Studio 1	
16:00 - 17:00	Kundalini 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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