DAVID LLOYD LEISURE - TEESSIDE - 0164 263 2100

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:30	Group Cycling	Hec	Studio 3	
08:00 - 08:55	Tai Chi	Hol	Studio 2	
09:30 - 10:15	Pilates	Hol	Studio 2	
09:30 - 10:30	Power Plate Taster	Otc	Gym	
09:45 - 10:15	Body Attack Express	Hec	Studio 1	
10:15 - 11:00	Gliding	Otc	Studio 1	
10:30 - 11:00	Power Plate Course	Otc	Gym	
10:30 - 11:30	Pilates	Hol	Studio 2	
11:00 - 12:00	Body Pump	Scc	Studio 1	
12:30 - 13:15	Aqua	Scc	Ind Pool	
16:30 - 17:15	Core Stability	Scc	Studio 1	
17:45 - 18:30	Body Pump	Scc	Studio 1	
18:30 - 19:25	Body Combat	Hec	Studio 1	
19:30 - 20:30	Pilates	Hol	Studio 2	
19:45 - 20:40	Group Cycling	Hec		

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 10:00	ViPR Taster	Otc	Gym	
09:30 - 10:00	Core Stability	Scc	Studio 1	
10:00 - 10:55	Body Combat	Hec	Studio 1	
10:00 - 10:55	Running Club	Otc	Outside	
11:00 - 11:55	Group Cycling	Hec	Studio 3	
11:00 - 12:15	Yoga	Hol	Studio 2	
12:00 - 13:00	Lose & Shape Up	Otc	Studio 1	
12:30 - 13:15	Aqua	Scc	Ind Pool	
15:00 - 15:55	Tai Chi	Hol	Studio 2	
17:15 - 18:00	Training Clubs	Otc	Studio 1	
17:45 - 18:40	Body Balance	Hol	Studio 2	
18:00 - 19:00	Step	Hec	Studio 1	
19:00 - 20:00	Boxercise	Hec	Studio 1	
19:00 - 20:00	Pilates	Hol	Studio 2	
20:00 - 20:45	Group Cycling	Hec	Studio 3	
20:15 - 21:15	Master Swim	Otc	Ind Pool	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:30	Group Cycling	Hec	Studio 3	
09:30 - 10:00	Bosu Stability	Scc	Studio 1	
09:30 - 10:00	Core Stability	Scc	Studio 1	
09:30 - 10:25	Body Balance	Hol	Studio 3	
10:00 - 10:55	Aerobics	Hec	Studio 1	
11:00 - 11:45	Body Attack	Hec	Studio 1	
11:00 - 11:45	Boot Camp	Hec	Studio 2	
12:00 - 12:45	Group Cycling	Hec	Studio 3	
12:00 - 13:00	Lose & Shape Up	Otc	Studio 2	
12:00 - 13:00	Salsa Aerobics	Dan	Studio 1	
12:30 - 13:15	Aqua	Scc	Ind Pool	
17:30 - 18:25	Body Attack	Hec	Studio 1	
17:30 - 18:30	Pilates	Hol	Studio 2	
18:30 - 19:30	Body Pump	Scc	Studio 1	
19:30 - 20:15	Group Cycling	Hec	Studio 3	
19:30 - 21:00	Tai Chi	Hol	Studio 2	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:00	Core Stability	Scc	Studio 1	
10:00 - 10:55	Aerobics	Hec	Studio 1	
10:00 - 10:55	Running Club	Otc	Rec	
10:00 - 11:30	Yoga	Hol	Studio 2	
11:00 - 12:00	Body Pump	Scc	Studio 1	
12:00 - 13:00	Group Cycling	Hec	Studio 3	
13:00 - 14:00	Pilates	Hol	Studio 2	
13:30 - 14:00	Body Attack Express	Hec	Studio 1	
17:45 - 18:30	Body Pump	Scc	Studio 1	
17:45 - 18:40	Tai Chi	Hol	Studio 2	
18:00 - 19:00	ViPR Taster	Otc	Gym	
18:30 - 19:25	Body Combat	Hec	Studio 1	
18:45 - 19:45	Salsa Aerobics	Dan	Studio 2	
19:00 - 19:30	ViPR Course	Otc	Gym	

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
06:45 - 07:30	Group Cycling	Hec	Studio 3	
09:30 - 10:15	Body Combat	Hec	Studio 3	
10:15 - 11:15	Total Body Workout	Hec	Studio 1	
11:15 - 11:45	Body Attack Express	Hec	Studio 1	
12:00 - 12:45	Aqua	Scc	Ind Pool	
13:00 - 13:55	Karate	Hec	Studio 1	
14:00 - 15:00	Senior Club	Otc	Studio 1	
15:00 - 16:00	Senior Club	Otc	Studio 1	
17:45 - 18:45	Body Pump	Scc	Studio 1	
18:00 - 18:55	Running Club	Otc	Outside	
18:00 - 19:00	Boxing Circuit	Otc	Studio 2	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 10:00	Pilates	Hol	Studio 2	
09:30 - 10:30	Body Pump	Scc	Studio 1	
10:30 - 11:30	Group Cycling	Hec	Studio 3	
12:00 - 12:55	Karate	Hec	Studio 1	
13:00 - 13:55	Karate	Hec	Studio 1	
16:00 - 16:55	Body Combat	Hec	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
11:00 - 12:00	Body Pump	Scc	Studio 1	
11:00 - 12:00	Pilates	Hol	Studio 2	
12:00 - 12:55	Body Balance	Hol	Studio 2	
12:00 - 13:00	Group Cycling	Hec	Studio 3	

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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