

# DAVID LLOYD LEISURE - WATFORD BUSHEY - 01923 213760

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012



## MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:30 - 08:00	Triathlon Class	Otc	Out Pool	
09:35 - 10:20	Aqua	Scs	Ind Pool	
09:35 - 10:25	Body Combat	Hec	Bad Crt 1, 2 & 3	
10:00 - 10:30	TRX Taster	Otc	Gym 1	
10:00 - 10:45	Group Cycling	Hec	Cycle Studio	
10:35 - 11:20	Flexi Bar	Scs	Studio 1	
10:35 - 11:25	Zumba	Dan	Bad Crt 1-4	
11:00 - 12:00	Senior Conditioning	Scs	Gym	
11:15 - 12:10	Body Balance	Hol	Studio 2	
12:15 - 13:10	Pilates	Hol	Studio 2	
16:10 - 16:40	Body Pump	Scs	Studio 1	
18:00 - 18:45	RPM	Hec	Cycle Studio	
18:30 - 19:30	Lose & Shape Up	Otc	Gym 1	£
18:30 - 19:45	Astanga Yoga	Hol	Studio 2	
18:45 - 19:30	Aqua	Scs	Ind Pool	
19:00 - 19:45	Multi Circuits	Hec	Studio 1	
20:00 - 20:30	VIPR Taster	Otc	Gym 1	
20:00 - 20:55	Pilates	Hol	Studio 2	
20:15 - 21:10	Zumba	Dan	Bad Crt 1-4	

## TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:30 - 07:30	Kick Boxing	Hec	Studio 1	
09:35 - 10:20	RPM	Hec	Cycling Studio	
09:35 - 10:25	Salsa Aerobics	Dan	Studio 1	
10:00 - 11:00	Pilates	Hol	Studio 2	
10:30 - 11:25	Body Pump	Scs	Studio 1	
10:35 - 11:25	Running Club	Otc	Outside	
11:00 - 12:00	Pilates	Hol	Studio 2	
11:00 - 12:00	Training Clubs	Otc	Gym Area 2	
12:00 - 12:30	Group Exercise Welcome	Otc	Club Rm	
12:30 - 13:00	RPM Express	Hec	Cycle Studio	
13:00 - 13:30	Gym Floor Session	Otc	Gym	
18:30 - 19:30	Lose & Shape Up	Otc	Gym 1	£
19:00 - 19:55	Body Pump	Scs	Studio 1	
19:30 - 20:15	Group Cycling	Hec	Cycle Studio	
19:30 - 20:30	Adult Football	Otc	Bad Crt 1-4	
20:15 - 21:10	Body Balance	Hol	Studio 2	

## WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:55	Body Pump	Scs	Studio 1	
09:30 - 10:30	Total Body Workout	Hec	Studio 1	
10:40 - 11:40	Pilates	Hol	Studio 2	
11:00 - 12:00	Body Conditioning	Scs	Studio 1	
12:30 - 13:45	Hatha Yoga	Hol	Studio 2	
18:00 - 20:00	Triathlon Class	Otc	Cycle Studio	
18:30 - 19:30	Lose & Shape Up	Otc	Gym 1	£
18:45 - 19:15	Power Plate	Otc	Gym Desk	£
18:45 - 19:45	Body Attack	Hec	Studio 1	
19:30 - 20:45	Hatha Yoga	Hol	Studio 2	
20:00 - 20:30	TRX Taster	Otc	Gym 1	
20:00 - 20:45	Running Club	Otc	Outside	
20:00 - 20:55	Salsa Aerobics	Dan	Studio 1	

## THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Cycle Studio	
09:30 - 10:15	Core Stability	Scs	Studio 2	
09:30 - 10:25	Body Combat	Hec	Bad Crt 1-4	
09:30 - 10:30	Running Club	Otc	Rec	
10:30 - 11:15	Multi Circuits	Hec	Bad Crt 1-4	
10:30 - 11:25	Body Balance	Hol	Studio 2	
10:30 - 11:25	Salsa Aerobics	Dan	Studio 1	
12:45 - 13:30	Aqua	Scs	Ind Pool	
18:00 - 19:00	Zumba	Dan	Studio 1	
18:30 - 19:15	Group Cycling	Hec	Cycling Studio	
18:30 - 19:15	JUKARI Fit to Flex	Otc	Studio 2	
18:30 - 19:30	Lose & Shape Up	Otc	Gym 1	£
19:30 - 20:25	Body Pump	Scs	Studio 1	
19:30 - 20:30	Adult Football	Otc	Bad Crt 1-4	
20:15 - 21:30	Hatha Yoga	Hol	Studio 2	
20:30 - 21:00	Power Plate Taster	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  
 DAVIDLLOYD.CO.UK

