DAVID LLOYD LEISURE - WEYBRIDGE BROOKLANDS - 01932 827900

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:15	Group Cycling	Hec	Cycle Studio	
09:30 - 10:25	Stretch & Tone	Scc	Studio 2	
10:00 - 10:45	Aqua	Scc	Main Pool	
10:30 - 11:25	Hatha Yoga	Hol	Studio 2	
11:45 - 12:40	Senior Multi Circuits	Hec	Studio 1	
18:00 - 18:45	RPM	Hec	Cycle Studio	
18:00 - 18:55	Legs, Bums and Tums	Scc	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:30	Triathlon Class	Otc	Studio 2	
09:30 - 10:15	RPM	Hec	Cycle Studio	
09:30 - 10:25	Aerobics	Hec	Studio 1	
09:30 - 10:25	Legs, Bums and Tums	Scc	Studio 2	
10:00 - 10:45	Aqua	Scc	Main Pool	
10:30 - 11:25	Astanga Yoga	Hol	Studio 2	
10:30 - 11:25	Pre & Post Natal	Otc	Studio 1	
13:00 - 13:55	Show Time	Dan	Studio 1	
14:00 - 14:45	Pilates Advanced	Hol	Studio 1	
17:45 - 18:30	Legs, Bums and Tums	Scc	Studio 2	
18:15 - 19:10	Body Conditioning	Scc	Studio 1	
18:30 - 19:00	Core Stability	Scc	Studio 2	
18:30 - 19:00	Group Exercise Welcome	Otc	Club Rm	
19:00 - 19:45	RPM	Hec	Cycle Studio	
19:00 - 19:45	Stretch & Tone	Scc	Studio 2	
19:30 - 20:25	Circuits	Hec	Studio 1	
20:15 - 21:45	Vinyasa Yoga	Hol	Studio 2	
20:30 - 21:25	Body Balance	Hol	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	RPM	Hec	Cycle Studio	
08:45 - 09:30	Pilates	Hol	Studio 2	
09:00 - 09:45	Group Cycling	Hec	Cycle Studio	
09:30 - 10:15	Stretch & Tone	Scc	Studio 2	
09:30 - 10:25	Step	Hec	Studio 1	
09:45 - 10:30	RPM	Hec	Cycle Studio	
10:30 - 11:25	Body Conditioning	Scc	Studio 1	
10:30 - 11:25	Senior Multi Circuits	Hec	Gym	
10:45 - 11:30	Aqua	Scc	Main Pool	
11:10 - 12:25	Yoga	Hol	Studio 2	
11:30 - 12:25	Legs, Bums and Tums	Scc	Studio 1	
12:45 - 14:15	Vinyasa Yoga Advanced	Hol	Studio 2	
13:15 - 14:00	Pilates	Hol	Studio 1	
18:00 - 18:55	Step	Hec	Studio 1	
18:30 - 19:25	Group Cycling	Hec	Cycle Studio	
19:00 - 19:55	Body Pump	Scc	Studio 1	
20:00 - 20:55	Hatha Yoga	Hol	Studio 2	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:45 - 07:45	Master Swim	Otc	Pool	
09:30 - 10:15	RPM	Hec	Cycle Studio	
09:30 - 10:25	Circuits	Hec	Studio 2	
09:30 - 10:25	Step	Hec	Studio 1	
10:30 - 11:25	Hatha Yoga	Hol	Studio 2	
10:30 - 11:30	Body Pump	Scc	Studio 1	
10:45 - 11:30	Aqua	Scc	Main Pool	
11:30 - 12:25	Pilates	Hol	Studio 2	
11:30 - 12:25	Show Time	Dan	Studio 1	
18:00 - 18:45	Boxing Circuit	Otc	Studio 1	
18:15 - 19:10	Pilates	Hol	Studio 2	
18:45 - 19:30	Aerobics	Hec	Studio 1	
19:15 - 19:45	Core Stability	Scc	Studio 2	
19:45 - 20:30	RPM	Hec	Cycle Studio	
19:45 - 20:40	Astanga Yoga	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 - WEYBRIDGE BROOKLANDS - 01932 827900

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	RPM	Hec	Cycle Studio	
07:00 - 07:55	Running Club	Otc	Gym	
09:30 - 10:25	Body Conditioning	Scc	Studio 1	
09:30 - 10:25	Legs, Bums and Tums	Scc	Studio 2	
09:30 - 10:25	RPM	Hec	Cycle Studio	
10:30 - 11:25	Pre & Post Natal	Otc	Studio 1	
10:30 - 12:00	Vinyasa Yoga Advanced	Hol	Studio 2	
11:30 - 12:15	Aqua	Scc	Main Pool	
11:30 - 12:25	Senior Multi Circuits	Hec	Gym	
12:00 - 13:15	Yoga	Hol	Studio 2	
13:15 - 14:00	Pilates	Hol	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:45 - 09:30	Circuits	Hec	Studio 1	
09:30 - 10:25	RPM	Hec	Cycle Studio	
09:30 - 10:25	Step	Hec	Studio 1	
10:30 - 11:25	Body Pump	Scc	Studio 1	
12:00 - 13:30	Kick Boxing	Hec	Studio 1	
16:00 - 16:55	Body Pump	Scc	Studio 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 09:45	Group Cycling	Hec	Cycle Studio	
09:30 - 10:25	Show Time	Dan	Studio 2	
10:00 - 10:55	Total Body Workout	Hec	Studio 1	
10:35 - 11:20	Aqua	Scc	Main Pool	
11:30 - 12:25	Hatha Yoga	Hol	Studio 2	
18:30 - 20:00	Vinyasa Yoga Advanced	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