DAVID LLOYD LEISURE - WORTHING - 01903 276700

EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:45 - 09:30	Legs, Bums and Tums	Scc	Studio 1	
09:15 - 10:00	Aqua	Scc	Ind Pool	
09:15 - 10:15	Lose & Shape Up	Otc	Conf Rm	£
09:35 - 10:20	Core Stability	Scc	Studio 2	
09:35 - 10:20	Salsa Aerobics	Dan	Studio 1	
10:15 - 10:30	Abs & Back	Scc	Gym	
10:20 - 11:05	Legs, Bums and Tums	Scc	Studio 2	
10:35 - 10:50	Abs & Back	Scc	Gym	
10:35 - 11:20	Group Cycling	Hec	Cycle Studio	
10:35 - 11:25	Step	Hec	Studio 1	
10:55 - 11:10	Abs & Back	Scc	Gym	
11:30 - 12:20	Body Balance	Hol	Studio 2 - Part A	
11:30 - 12:30	Body Pump	Scc	Studio 1	
12:30 - 13:30	Yoga	Hol	Studio 2	
12:45 - 13:15	Multi Circuits	Hec	Gym	
12:50 - 13:35	Body Vive	Scc	Studio 1	
13:00 - 13:45	Power Plate Taster	Otc	Gym Area 1	
13:15 - 13:45	Multi Circuits	Hec	Gym	
13:45 - 14:30	Zumba	Dan	Studio 1 - Part A	
17:45 - 18:30	Pre & Post Natal	Otc	Kids Zone	
18:00 - 18:45	Body Attack Express	Hec	Studio 1	
18:00 - 18:45	Group Cycling	Hec	Cycle Studio	
18:00 - 18:55	Pilates	Hol	Studio 2	
18:00 - 19:00	Group Exercise Welcome	Otc	Club Rm	
18:45 - 19:45	Body Pump	Scc	Studio 1	
19:00 - 19:45	RPM	Hec	Cycle Studio	
19:00 - 19:55	Pilates Intermediate	Hol	Studio 2	
19:00 - 22:00	Adult Football	Otc	Bad Crt 1-4	
19:45 - 20:30	Aqua	Scc	Pool	
20:00 - 20:45	Group Cycling	Hec	Cycle Studio	
20:00 - 21:00	Body Balance	Hol	Studio 1	
20:15 - 21:00	Core Stability	Scc	Studio 2	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Body Pump Express	Scc	Studio 1	
09:30 - 10:25	Body Combat	Hec	Studio 1	
09:35 - 10:20	Cardio Conditioning	Hec	Cycle Studio	
10:35 - 11:20	Body Conditioning	Scc	Studio 1 - Part A	
10:40 - 11:25	Legs, Bums and Tums	Scc	Studio 2	
10:45 - 11:30	Aqua	Scc	Ind Pool	
11:30 - 12:25	Body Balance	Hol	Studio 1	
12:30 - 13:15	Group Cycling	Hec	Cycle Studio	
13:00 - 13:45	ViPR Taster	Otc	Studio 2	
13:15 - 14:10	Pilates	Hol	Studio 1	
14:00 - 15:00	Group Exercise Welcome	Otc	Club Rm	
14:15 - 15:15	Pilates	Hol	Studio 1 - Part A	
17:30 - 18:15	Legs, Bums and Tums	Scc	Studio 1	
18:00 - 18:45	Group Cycling	Hec	Cycle Studio - Part C	
18:00 - 19:00	Hatha Yoga	Hol	Studio 2	
18:00 - 20:00	Lose & Shape Up	Otc	Conf Rm	£
18:15 - 19:00	Zumba	Dan	Studio 1	
18:15 - 19:10	Circuits	Hec	Bad Crt 1-4	
19:00 - 19:45	Step	Hec	Studio 1	
19:00 - 19:45	Triathlon Course	Otc		
19:00 - 20:00	Hatha Yoga	Hol	Studio 2	
19:45 - 20:45	Master Swim	Otc	Ind Pool	
20:00 - 20:55	Body Combat	Hec	Studio 1	
20:15 - 21:15	Pilates	Hol	Studio 2	

KEY

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A Advanced class, experience required
S Designed for senior members
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* Adult class coincides with children's activity

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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Cycle Studio	
09:35 - 10:20	Body Attack Express	Hec	Studio 1	
09:35 - 10:30	Body Balance	Hol	Studio 2	
10:30 - 11:30	Body Pump	Scc	Studio 1	
10:40 - 11:25	Group Cycling	Hec	Cycle Studio	
11:30 - 12:15	Core Stability	Scc	Studio 2	
11:45 - 12:30	Zumba	Dan	Studio 1 - Part A	
12:45 - 13:30	Legs, Bums and Tums	Scc	Studio 1 - Part A	
13:00 - 14:15	Iyengar Yoga	Hol	Studio 2	
14:00 - 14:45	Aqua	Scc	Ind Pool	
17:30 - 18:15	Salsa Aerobics	Dan	Studio 1	
18:00 - 18:15	Abs & Back	Scc	Gym	
18:15 - 19:00	Core Stability	Scc	Studio 2	
18:15 - 19:00	Group Cycling	Hec	Cycle Studio	
18:15 - 19:15	Body Balance	Hol	Studio 1	
18:20 - 18:35	Abs & Back	Scc	Gym	
18:40 - 18:55	Abs & Back	Scc	Gym	
19:00 - 19:55	Core Stability	Scc	Studio 2	
19:15 - 20:00	Body Conditioning	Scc	Studio 1	
19:30 - 20:15	Group Cycling	Hec	Cycle Studio	
19:45 - 20:30	Boxing Circuit	Otc	Bad Crt 1-4	
20:00 - 20:45	Body Attack Express	Hec	Studio 1	
20:15 - 21:00	Aqua	Scc	Main Pool	
20:15 - 21:00	Power Plate Taster	Otc	Gym Area 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Body Pump	Scc	Studio 1	
07:00 - 07:45	Circuits	Hec	Bad Crt 1-4	
08:30 - 09:15	Core Stability	Scc	Studio 1	
09:25 - 10:20	Cardio Conditioning	Hec	Cycle Studio	
09:30 - 10:15	Mother & Baby	Otc	Kids Zone	
10:00 - 11:00	Lose & Shape Up	Otc	Conf Rm	£
10:00 - 11:00	Lose & Shape Up Follow On	Otc		£
10:00 - 11:15	Iyengar Yoga	Hol	Studio 2	
10:20 - 11:05	Zumba	Dan	Studio 1	
10:35 - 11:20	Group Cycling	Hec	Cycle Studio	
11:05 - 11:50	Body Vive	Scc	Studio 1	
12:00 - 12:55	Pilates	Hol	Studio 1	
12:15 - 12:45	Multi Circuits	Hec	Gym	
12:45 - 13:15	Multi Circuits	Hec	Gym	
13:30 - 14:25	Body Balance	Hol	Studio 1	
16:45 - 17:30	Core Stability	Scc	Studio 2	
17:30 - 18:00	Beginners Group Cycling	Hec	Cycle Studio	
17:45 - 18:30	Step	Hec	Studio 1	
18:00 - 18:50	RPM	Hec	Cycle Studio	
18:30 - 19:00	Multi Circuits	Hec	Gym	
18:30 - 19:15	Body Conditioning	Scc	Studio 1	
19:00 - 19:30	Multi Circuits	Hec	Gym	
19:00 - 19:45	Group Cycling	Hec	Cycle Studio	
19:15 - 20:10	Body Combat	Hec	Studio 1	
19:15 - 20:10	Pilates Intermediate	Hol	Studio 2	
19:30 - 21:00	Adult Basketball	Otc	Bad Crt 1-4	
20:15 - 21:15	Body Balance	Hol	Studio 2	
20:15 - 21:15	Body Pump	Scc	Studio 1	

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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Circuits	Hec	Bad Crt 1-4	
08:30 - 09:15	Aqua	Scc	Ind Pool	
08:30 - 09:15	Legs, Bums and Tums	Scc	Studio 1	
09:15 - 10:00	Aqua	Scc	Ind Pool	
09:30 - 10:30	Body Pump	Scc	Studio 1	
09:40 - 10:25	Core Stability	Scc	Studio 2	
10:35 - 11:25	Tai Chi	Hol	Studio 2	
10:45 - 11:45	Body Balance	Hol	Studio	
11:45 - 12:30	Core Stability	Scc	Studio 2	
11:45 - 12:30	Zumba	Dan	Dance Studio	
12:30 - 13:25	Pilates Intermediate	Hol	Studio 1	
12:45 - 13:15	RPM Express	Hec	Spin Studio	
13:30 - 14:25	Pilates	Hol	Studio 2	
14:00 - 14:45	Legs, Bums and Tums	Scc	Studio 1	
17:30 - 18:15	Group Cycling	Hec	Cycle Studio	
17:30 - 18:15	Zumba	Dan	Studio 1 - Part B	
18:15 - 19:00	Core Stability	Scc	Studio 2	
18:15 - 19:00	Zumba	Dan	Studio 1 - Part A	
19:00 - 20:00	Body Pump	Scc	Studio 1	
19:00 - 20:15	Iyengar Yoga	Hol	Studio 2	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:15 - 08:05	RPM	Hec	Cycle Studio	
08:30 - 09:15	Body Attack Express	Hec	Studio 1	
08:30 - 09:25	Body Balance	Hol	Studio 2	
09:15 - 10:15	Body Pump	Scc	Studio 1	
09:35 - 10:20	Cardio Conditioning	Hec	Cycle Studio	
10:15 - 11:00	ViPR Taster	Otc	Gym	
10:30 - 11:30	Group Cycling	Hec	Cycling Studio	
10:35 - 11:20	Zumba	Dan	Studio 1 - Part A	
11:20 - 12:20	Body Vive	Scc	Studio 1	
17:00 - 18:00	Body Balance	Hol	Studio 1	

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EXERCISE CLASS PROGRAMME JANUARY - MARCH 2012

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:45 - 10:45	Group Cycling	Hec	Cycling Studio	
10:00 - 10:55	Body Combat	Hec	Studio 1	
10:00 - 11:00	Pilates	Hol	Studio 2	
11:00 - 11:45	Legs, Bums and Tums	Scc	Studio 1	
11:45 - 12:30	Zumba	Dan	Studio 1	
17:00 - 18:00	Body Pump	Scc	Studio 1	
18:15 - 19:15	Body Balance	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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