

Class Booking Conditions

Non Members:

All classes are bookable up to seven days in advance. Full payment is required at point of booking and this payment is non-refundable. To access a class all customers must have a valid class ticket available from reception.

Lifestyle Members and Leisure Access:

You must collect your ticket at least five minutes before the start of the class or your place will be reallocated.

Fitness Class Guide:

All classes are designed for all abilities and allow you to exercise at your own pace. Customers are reminded that they will not be able to join the class after 10 minutes past the start time due to essential parts of the class, health screening and warm up by the the instructor being missed.

Class Cancellation Policy:

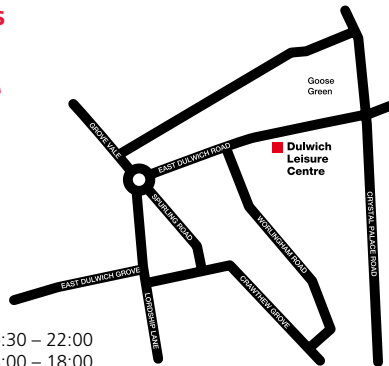
Any class booking made in which the member can no longer attend must be cancelled in advance otherwise a 'No Show' fee will be charged to the members account.

Where To Find Us

Dulwich Leisure Centre

45 East Dulwich Road,
London, SE22 9AN

Tel 020 8693 1833



Opening Hours

Monday – Friday 06:30 – 22:00
Saturday and Sunday 08:00 – 18:00

Health Studio Timetable

HEALTH • VITALITY • WELLBEING

From January 2010

www.southwark-leisure.com


Available in LARGE Print


www.southwark-leisure.com


Dulwich Leisure Centre

	Class	Instructor	Location	Level
Monday				
10:30 – 11:30	50+ Circuit Class	Instructor	Studio 1	50+
11:30 – 12:30	Boxafit	James	Studio 1	All
18:15 – 19:15	Pilates	Jennifer	Studio 1	All
19:15 – 20:15	Aerobics	Keziah	Studio 1	All
20:15 – 21:15	Body Pump	Keziah	Studio 1	All

Tuesday				
09:15 – 10:30	Yoga-Hatha	Sarah	Studio 1	All
10:30 – 11:30	Body Conditioning	Cheron	Studio 1	All
11:45 – 12:45	Pilates	Cheron	Studio 1	All
18:30 – 19:30	Studio Strength	James	Studio 1	All
19:30 – 20:15	Boxafit	James	Studio 1	All

Wednesday				
07:15 – 08:15	Pilates	Jennifer	Studio 1	All
10:00 – 11:00	Senior Aerobics	Annette	Studio 1	All
16:00 – 18:00	Sequence Dancing **	Gina	Studio 1	50+
18:30 – 19:30	Pilates Inspired Toning	Jennifer	Studio 1	All
19:30 – 20:30	Legs, Bums & Abs	Miska	Studio 1	All

Class Descriptions

Legs, Bums and Abs

An aerobics focussed class designed to tone the lower body. A mix of high/low impact moves combined with floor work for muscle toning.

BodyBalance

A calm yet challenging class, using yoga and pilate moves. Encourages strength and flexibility.

Total Abs and Stretch

A challenging class that concentrates on the stomach area.

Body Blast

A cardiovascular class with attitude. Be prepared to work to high tempo beats.

yoga

Learn to control the body through breathing and gentle posture techniques. Good rehabilitation and flexibility. This class is also great for pre and post natal mothers.

pilates

Working from a mat, exercising muscles like the lower back and abdominals. The class also improves your posture and tone through lengthening and stretching exercises.

	Class	Instructor	Location	Level
Thursday				
10:00 – 11:00	Pilates	Cheron	Studio 1	All
18:30 – 19:30	Pilates	Laura	Studio 1	All

Friday				
07:15 – 08:15	Pilates	Jennifer	Studio 1	All
11:30 – 12:30	Body Blast	Theo	Studio 1	All
12:30 – 13:30	Legs, Bums & Abs	Theo	Studio 1	All
18:15 – 19:15	Body Blast	Theo	Studio 1	All

Saturday				
09:45 – 10:45	Aerobics	Theo	Studio 1	All
11:00 – 12:00	Body Pump	Keziah	Studio 1	All
12:00 – 13:00	Body Balance	Keziah	Studio 1	All

Sunday				
10:00 – 11:00	Aerobics	Cheron	Studio 1	All
11:00 – 11:45	Total Abs & Stretch	Cheron	Studio 1	All
12:00 – 13:00	Yoga-Hatha	Mary/Maurizo	Studio 1	Beginner
13:00 – 14:30	Yoga-Hatha	Mary/Maurizo	Studio 1	All

**Every last Wednesday of the month.

body conditioning

A challenging workout using aerobic exercises. Be prepared to burn fat and get fit.

Body Pump

Utilising barbell weights, this class is good for building strength, toning muscles and burning fat.

Aerobics

High/low energy based class suitable for all levels of fitness which helps build your total fitness with strengthening exercises too.

50+ Circuit

This class has low impact workouts that are great for increasing fitness as well as toning and shaping the entire body.

