


**DANCE STUDIO AND CYCLE STUDIO CLASSES MONDAY 19th JULY - SUNDAY 5th SEPTEMBER 2021**

| Day       | Morning Classes  |   |  |   |  | Evening Classes |  |   |   |   |   |
|-----------|--|---|--|---|--|-----------------|--|---|---|---|---|
| Monday    | Studio Cycling<br>Cycle Studio<br>Barbara<br>8.30-9.15am | Yoga<br>Dance Studio<br>Kathi<br>8.45-9.45am                | Pure Stretch<br>Dance Studio<br>Kathi<br>10.00-11.00am | Cardio Dance Mix<br>Dance Studio<br>Michelle<br>11.15-12.15am |  |                 | Pilates<br>Dance Studio<br>Katie<br>6.30-7.30pm                      | Studio Cycling<br>Cycle Studio<br>Caroline<br>6.45-7.30pm   | Box Fit<br>Dance Studio<br>Sam<br>7.45-8.30pm               | Studio Cycling<br>Cycle Studio<br>Caroline<br>7.45-8.30pm | Aquafit<br>Pool<br>Maggie<br>8.15-9.00pm  |
| Tuesday   | Power Pump<br>Dance Studio<br>Madeleine<br>9.15-10.15am  | Fit Steps<br>Dance Studio<br>Michelle<br>10.30-11.30am      |  |   |  |                 |  |   | Pure Stretch<br>Dance Studio<br>Veronica<br>6.15-7.00pm     | Circuits<br>Dance Studio<br>Madeleine<br>7.15-8.00pm      | Fitness Yoga<br>Dance Studio<br>Kate<br>8.15pm-9.00pm   |
| Wednesday | Gentle Yoga<br>Dance Studio<br>Kathi<br>9.00-10.00am     | Studio Cycling<br>Cycle Studio<br>Caroline<br>9.30-10.15    | Aquafit<br>Pool<br>Maggie<br>9.45-10.30                | Pilates<br>Dance Studio<br>Kathi<br>10.15-11.15               |  |                 |  | Studio Cycling<br>Cycle Studio<br>Gail<br>6.15-7.00pm   | Cardio Dance Mix<br>Dance Studio<br>Michelle<br>6.30-7.30pm | Studio Cycling<br>Cycle Studio<br>Gail<br>7.15-8.00pm     | Yoga<br>Dance Studio<br>Mike<br>7.45-8.45pm   |
| Thursday  | Yoga<br>Dance Studio<br>Kathi<br>9.15-10.30am            | Body Sculpt<br>Dance Studio<br>Madeleine<br>10.45-11.30am   |  |   |  |                 |  |   |   | Power Pump<br>Dance Studio<br>Veronica<br>6.30-7.30pm     | Studio Cycling<br>Cycle Studio<br>Sam<br>6.45-7.30pm  |
| Friday    | Pilates<br>Dance Studio<br>Katie<br>9.00-10.00am         | Studio Cycling<br>Cycle Studio<br>Barbara<br>9.15 - 10.00am | Pilates<br>Dance Studio<br>Katie<br>10.15-11.15am      |   |  |                 | Studio Cycling<br>Cycle Studio<br>Veronica / Caroline<br>6.15-7.00pm |  New class, instructor or change of time to current class.<br><b>Thursday, Studio Cycling with Sam will only start on 5 August 2021.</b> |   |   |   |
| Saturday  | Studio Cycling<br>Cycle Studio<br>Gail<br>8.15-9.00am    | Studio Cycling<br>Cycle Studio<br>Gail<br>9.15-10.00am      | Circuits<br>Dance Studio<br>Gail<br>10.15-11.00am      |   |  |                 |  |   |   |   |   |
| Sunday    | Studio Cycling<br>Cycle Studio<br>Maggie<br>9.30-10.15am |   |  | Yoga<br>Dance Studio<br>Mike<br>6.00-7.00pm                   |  |                 |  |   |   |   | <b>Cycling Studio Information:</b><br>There will be a maximum of 16 places per class in the cycle studio. Please clean down your bike before and after use. |

**Pricing Members:**  
 Classes are included in both Aqua Plus and All Rounder memberships.  
 Classes are available to non-members. Fees: £7 for Pilates & Yoga; all other classes £6

**Bookings**  
 Members can book only by phone **2 days** in advance

Pure Aqua members and non-members can book and pay only by phone **1 day** in advance

**Cancellations**  
 Members must provide a minimum of 2 hours' notice before the start of the class if they cannot attend. If this is not done they will not be allowed to book onto the same class the following week.

There will be a maximum of 16 places per class in the dance studio. Please use the hand sanitiser and clean down your equipment before and after use.

Please note: **Bank Holiday Monday, 30 August**, there will be **no Cardio Dance Mix at 11h15am** and **no evening classes** due to reduced opening times.

Please note: **Monday, 23 August at 8h15pm** and **Wednesday, 25 August at 9h45am**, there won't be any **Aqua classes** due to pool maintenance.

**ALL CLASSES TO BE BOOKED IN ADVANCE.** PLEASE CONTACT THE FRONT DESK ON 0118 964 4600.

Please see our website for details: [www.bradfieldsportscomplex.co.uk](http://www.bradfieldsportscomplex.co.uk)