

DANCE STUDIO AND CYCLE STUDIO CLASSES **MONDAY 6th SEPTEMBER - FRIDAY 17th DECEMBER 2021**

Day	Morning Classes					Evening Classes					
Monday	Studio Cycling Cycle Studio Barbara 8.30-9.15am	Yoga Dance Studio Kathi 8.45-9.45am	Pure Stretch Dance Studio Kathi 10.00-11.00am	Cardio Dance Mix Dance Studio Michelle 11.15-12.15am			Pilates Dance Studio Katie 6.30-7.30pm	Studio Cycling Cycle Studio Caroline 6.45-7.30pm	Box Fit Dance Studio Sam 7.45-8.30pm	Studio Cycling Cycle Studio Caroline 7.45-8.30pm	Aquafit Pool Maggie 8.15-9.00pm
Tuesday	Power Pump Dance Studio Madeleine 9.15-10.00am	Fit Steps Dance Studio Michelle 10.15-11.15am	Intense Abs Dance Studio Gail 11.30 - 12.00pm						Studio Cycling Cycle Studio Megan 6.30 - 7.15pm	Circuits Dance Studio Madeleine 6.30-7.15pm	Fitness Yoga Dance Studio Kate 7.30-8.15pm
Wednesday	Gentle Yoga Dance Studio Kathi 9.00-10.00am	Studio Cycling Cycle Studio Caroline 9.30-10.15	Aquafit - Week A Pool Madeleine 10.45-11.30	Aquafit - Week B Pool Maggie 9.45-10.30	Pilates Dance Studio Kathi 10.15-11.15			Studio Cycling Cycle Studio Gail 6.15-7.00pm	Cardio Dance Mix Dance Studio Michelle 6.30-7.30pm	Totally Shredded Sports Hall Gail 7.15-8.00pm	Yoga Dance Studio Mike 7.45-8.45pm
Thursday	Yoga Dance Studio Kathi 9.00-10.00am	Studio Cycling Cycle Studio Barbara 9.15 - 10.00am	Sculpt & Tone Dance Studio Madeleine 10.15-11.00am						Power Pump Dance Studio Veronica 6.30-7.30pm	Studio Cycling Cycle Studio Sam 6.45-7.30pm	Pure Stretch Dance Studio Veronica 7.45-8.30pm
Friday	Studio Cycling Cycle Studio Gail 6.30-7.15am	Pilates Dance Studio Katie 9.00-10.00am	Pilates Dance Studio Katie 10.15-11.15am				Studio Cycling Cycle Studio Veronica / Caroline 6.15-7.00pm	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> New class, instructor or change of time to current class. </div>			
Saturday	Studio Cycling Cycle Studio Gail 8.15-9.00am	Intense Abs Dance Studio Gail 9.15-9.45am	Body Blast Dance Studio Gail 10.00-10.45am	<div style="border: 1px solid black; padding: 5px;"> <p>Week A Aquafit will be from 10h45-11h30am with Madeleine. Week B Aquafit will be from 9h45-10h30 with Maggie. Please check the pool timetable.</p> </div>							
Sunday	Studio Cycling Cycle Studio Maggie 9.30-10.15am						HITT Yoga Dance Studio Mike 6.00-7.00pm				<div style="border: 1px solid black; padding: 5px;"> <p>Cycling Studio Information: There will be a maximum of 16 places per class in the cycle studio. Please clean down your bike before and after use.</p> </div>

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 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.

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