


DANCE STUDIO AND CYCLE STUDIO CLASSES **MONDAY 1st NOVEMBER - 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 | *Studio Cycling Dance Studio Gail 9.15 - 10.00am | Power Pump Dance Studio Madeleine 9.30-10.15am | Fit Steps Dance Studio Michelle 10.30-11.30am | | | | | | 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 |  New class, instructor or change of time to current class. | | | |
| 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 | Week A Aquafit will be from 10h45-11h30am with Madeleine. Week B Aquafit will be from 9h45-10h30 with Maggie. *Please note that Studio Cycling on Tuesdays at 9.15am will only start on 9 November 2021 | | | | | | | |
| Sunday | | | | | | Yoga Dance Studio Mike 6.00-7.00pm | 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. | | | | |

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.

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

Please note there will be a holiday timetable from 18 December 2021 - 3 January 2022

Please see our website for details: www.bradfieldsportscomplex.co.uk