


DANCE STUDIO AND CYCLE STUDIO CLASSES **TUESDAY 4th JANUARY - FRIDAY 8th APRIL 2022**

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 Cycle Studio Gail 9.30 - 10.15am	Power Pump Dance Studio Madeleine 9.30-10.15am	Fit Steps Dance Studio Michelle 10.30-11.30am						Studio Cycling Cycle Studio Gail 6.15 - 7.00pm	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 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 8.45-9.45am	Sculpt & Tone Dance Studio Madeleine 10.00-10.45am	Clubbercise Dance Studio Gail 11.00-11.45am							Power Pump Dance Studio Veronica 6.30-7.30pm	Studio Cycling Cycle Studio Sam 6.45-7.30pm
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								
Sunday	Studio Cycling Cycle Studio Natasha 9.30-10.15am	Burlexercise Dance Studio Natasha 10.30-11.30am				Yoga Dance Studio Mike 6.00-7.00pm					

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.

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.

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