

DANCE STUDIO AND CYCLE STUDIO CLASSES TUESDAY 3rd JANUARY - SUNDAY 2nd APRIL 2023

| Day | Morning Classes | | | | | Evening Classes | | | | | | |
|-----------|--|--|---|---|--|--|--|---|---|---|--|--|
| Monday | Studio Cycling Cycle Studio Barbara 8.30-9.15am | Yoga Dance Studio Kathi 8.45-9.45am | Stretch Dance Studio Kathi 10.00-11.00am | Cardio Dance Mix Dance Studio Michelle 11.15-12.15am | | Pilates Dance Studio Katie 6.20-7pm | Studio Cycling Cycle Studio Caroline 6.15-7pm | Pilates Dance Studio Katie 7.05-7.45pm | Studio Cycling Cycle Studio Caroline 7.15-8pm | Box Fit Dance Studio Sam 7.50-8.30pm | Aquafit Pool Maggie 8.15-9.00pm | |
| Tuesday | Studio Cycling Cycle Studio Natasha 8.30 - 9.15am | Power Pump Dance Studio Madeleine 9.30-10.15am | Aquafit Pool Michelle 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 | Pilates Dance Studio Barbara 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 Katie 10.15-11.15 | | | | | Cardio Dance Mix Dance Studio Michelle 6.15-7.15pm | Studio Cycling Cycle Studio Gail 6.30-7.15pm | Body Conditioning Dance Studio Gail 7.30-8.15pm | |
| Thursday | Yoga Dance Studio Kate 7.30-8.30am | Yoga Dance Studio Kathi 8.45-9.45am | Body Conditioning Dance Studio Madeleine 10.00-10.45am | | | | | | Power Pump Dance Studio Veronica 6.30-7.30pm | Studio Cycling Cycle Studio Sam 6.45-7.30pm | Yoga Dance Studio Mike 7.45-8.45pm | |
| Friday | HIITStep Dance Studio Gail 7.30-8.15am | Pilates Dance Studio Katie 9.00-10.00am | Pilates Dance Studio Katie 10.15-11.15am | | | | | <div></div> 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 | | | | | | Yoga Dance Studio Mike 6.00-7.00pm | | | | | Cycling Studio Information: There will be a maximum of 18 places per class in the cycle studio. Please clean down your bike before and after use. | |

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

There will be no Aquafit Tuesday mornings on 28th February and 14th March 2023.

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

**Pricing
Members:**

Classes are included in both Aqua Plus and All Rounder memberships.

Classes are available to non-members. Fees: **£9** for Pilates & Yoga; all other classes **£7**

Bookings

Members can book via the EZ-Runner App or by phone **7 days** in advance

Pure Aqua members and non-members can book and pay via the EZ-Runner App or by phone **3 days** 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 in Mind & Body classes and 18-20 places in all other classes in the dance studio. Please use the hand sanitiser and clean down your equipment before and after use.