

DANCE STUDIO AND CYCLE STUDIO CLASSES MONDAY 30 OCTOBER 2023 - SUNDAY 28th JANUARY 2024

Day	Morning Classes					Evening Classes					
Monday	Studio Cycling Cycle Studio Barbara 7.30-8.15am	Yoga Dance Studio Kathi 8.45-9.45am	Stretch Dance Studio Madeleine 10.00-10.45am	Cardio Dance Mix Dance Studio Michelle 11-12am		Pilates Dance Studio Katie 6.05-6.50pm	Studio Cycling Cycle Studio Caroline 6.15-7pm	Pilates Dance Studio Katie 6.55-7.40pm	Studio Cycling Cycle Studio Caroline 7.15-8pm	Box Fit Dance Studio Sam 7.45-8.30pm	Aquafit Pool Kelley 8.15-9.00pm
Tuesday	Pilates Dance Studio Katie 8-9am	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 Toby 5.45 - 6.30pm	Circuits Dance Studio Sarah 6.20-7.05pm	Pilates Dance Studio Barbara 7.15-8.15pm
Wednesday	HIITStep Dance Studio Gail 7.30-8.15am	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	Stretch Dance Studio Rob 7.45-8.30am	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	Studio Cycling Cycle Studio Natasha 9.30 - 10.15am	Pilates Dance Studio Katie 10.15-11.15am		Clubbercise Dance Studio *Gail/Sarah* 6.20-7.05pm		<div><div></div>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								
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.

PRICING

Members:
Classes are included in all Studio & Platinum memberships

Non-Members & Memberships excluding Studio/class element:
Class fees: **£9** Pilates & Yoga; all other classes **£7**

Bookings

Members can book via the EZ-Runner App or by phone **7 days** in advance from 9pm

Non-Members & Memberships excluding Studio/class element can book and pay via the EZ-Runner App or by phone **3 days** in advance from 9pm

Class Sizes:

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.

Please note: Aquafit on Tuesday mornings will only be running on the following dates (Week B): 31st October, 7th November, 21 November, 5 December & 19 December 2023.

From Tuesday, 2 January 2024 this class will be running every week.

DURING THE CHRISTMAS HOLIDAY PERIOD FROM 24 DECEMBER 2023 UNTIL 1 JANUARY 2024 THERE WILL BE NO EVENING CLASSES.

THE CENTRE WILL BE CLOSED ON 25 & 26 DECEMBER & 1 JANUARY.

***Please note that the new Clubbercise class on Friday evenings will only start on 10 November and will alternate on a weekly basis with Gail starting on 10 November and Sarah starting on 1 December.**

There will be no class on Friday, 17 November*

ALL CLASSES TO BE BOOKED IN ADVANCE. PLEASE SEE OUR WEBSITE FOR DETAILS

Class Cancellations: If you can no longer attend a class, please ensure you adhere to the following timescales:

Morning Classes - need to be cancelled by 6pm the night before, Evening Classes - need to be cancelled by 12 midday on the same day.

Please help us to be able to maximise our class availability by following these rules so we are able to offer cancelled places to those on the waiting list.