


DANCE STUDIO AND CYCLE STUDIO CLASSES MONDAY 29 JULY - SUNDAY 13 OCTOBER 2024

Day	Morning Classes					Evening Classes						
Monday	Studio Cycling Cycle Studio Gail 7.30-8.15am	Stretch Dance Studio Veronica 7.30-8.15am	Yoga Dance Studio Klara 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	Clubbercise Dance Studio *Gail/Sarah* 7.45-8.30pm
Tuesday	Pilates Dance Studio Katie 8-9am	Power Pump Dance Studio Madeleine 9.30-10.15am	Fit Steps Dance Studio Michelle 10.30-11.30am							Studio Cycling Cycle Studio Toby 6.15 - 7pm	Circuits Dance Studio Sarah 6.20-7.05pm	Stretch Dance Studio Robert 7.15-8pm
Wednesday	HIITStep Dance Studio Gail 7.30-8am	Gentle Yoga Dance Studio Kathi 9.00-10.00am	Studio Cycling Cycle Studio Caroline 9.30-10.15	Aquafit St Andrews Pool Maggie 9.30-10.15	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 7.30-8.15am	Yoga Dance Studio Kathi 8.45-9.45am	Body Conditioning Dance Studio Madeleine 10.00-10.45am						Power Pump Dance Studio Veronica 6.30-7.20pm	Studio Cycling Cycle Studio Donna 6.30-7.15pm	Box Fit Dance Studio *Donna/Toby* 7.30-8.10pm	Stretch Dance Studio Robert 8.15-9pm
Friday	HIITStep Dance Studio Gail 7.30-8am	Pilates Dance Studio Katie 8.15-9am	Pilates Dance Studio Katie 9.15-10am	Studio Cycling Cycle Studio Caroline 9.15 - 10am	Pilates Dance Studio Katie 10.15-11am			Clubbercise Dance Studio *Gail/Sarah* 6.15-7pm	 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 Sara 6.00-7.00pm						

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.

Cycling Studio Information:

There will be a maximum of 19 places per class in the cycle studio. Please clean down your bike before and after use.

PLEASE NOTE: AQUA CLASSES ON WEDNESDAY MORNINGS WILL BE AT THE ST ANDREWS SWIMMING POOL AT 9.30AM AND WILL ONLY RUN UNTIL THE 28TH OF AUGUST 2024.

ALL CLASSES TO BE BOOKED IN ADVANCE ON THE EZ-RUNNER APP OR BY CONTACTING THE FRONT DESK ON 0118 964 4600.

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

Class Cancellations: From 1 September 2024 a £5 penalty fee will be charged for all no-shows without cancellation or late cancellations (defined as within 2 hours of the class time).

All class penalty fees must be cleared before booking rights will be re-instated.

Please refer to the following link on our website under Classes for more information: <https://www.bradfieldsportscomplex.co.uk/timetable/>