


DANCE STUDIO AND CYCLE STUDIO CLASSES MONDAY 14th OCTOBER 2024 - SUNDAY 26th JANUARY 2025

Day	Morning Classes					Evening Classes						
Monday	HIIT Studio Cycling Cycle Studio Gail 9.15-9.45am	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	HIIT & Abs Dance Studio *Gail/Sarah* 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 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 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	Strength & Condition 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 Toby 6.15-7pm	Box Fit Dance Studio 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 Daniela 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 not be running on 7 & 21 January 2025.
 DURING THE CHRISTMAS HOLIDAY PERIOD FROM 24 DECEMBER 2024 UNTIL 1 JANUARY 2025 THERE WILL BE NO EVENING CLASSES.
 THE CENTRE WILL BE CLOSED ON 25 & 26 DECEMBER & 1 JANUARY.
 ALL CLASSES TO BE BOOKED IN ADVANCE. PLEASE SEE OUR WEBSITE FOR DETAILS.

Class Cancellations: 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/>