


DANCE STUDIO AND CYCLE STUDIO CLASSES MONDAY 28th APRIL 2025 - SUNDAY 27 JULY 2025

Day	Morning Classes						Evening Classes					
Monday	Stretch & Strength Dance Studio Veronica 7.30-8.15am	Yoga Dance Studio Klara 8.45-9.45am	HIIT Studio Cycling Cycle Studio Gail 9.15-9.45am	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 7.45-8.30pm
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	Aquafit Pool Kelley 7.15-8pm	
Wednesday	HIITStep Dance Studio Gail 7.30-8am	Gentle Yoga Dance Studio Kathi 9-10am	Studio Cycling Cycle Studio Caroline 9.30-10.15am	Aquafit Pool Rob 9.45-10.30am	Pilates Dance Studio Daniella 10.15-11.15am				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 10-10.45am					Studio Cycling Cycle Studio Toby 6.15-7pm	Power Pump Dance Studio Veronica 6.30-7.20pm	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 Robert 8.15-9am	Pilates Dance Studio Robert 9.15-10am	Studio Cycling Cycle Studio Caroline 9.15 - 10am	Pilates Dance Studio Robert 10.15-11am			Clubbercise Dance Studio *Gail* 6.15-7pm	 New class, instructor or change of time to current class.			
Saturday	Studio Cycling Cycle Studio Gail 8.15-9am	Intense Abs Dance Studio Gail 9.15-9.45am	Body Blast Dance Studio Gail 10-10.45am									
Sunday					Yoga Dance Studio Daniela 6-7pm							

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.

Clubbercise on Fridays will be every other week

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.

PLEASE NOTE: **BANK HOLIDAY MONDAY, 5 & 26 MAY** THERE WILL ONLY BE MORNING CLASSES.
 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: 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/>