

DANCE STUDIO AND CYCLE STUDIO CLASSES MONDAY 28th JULY 2025 - SUNDAY 19 OCTOBER 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 Al 6.15-7pm	Pilates Dance Studio Katie 6.55-7.40pm	Studio Cycling Cycle Studio Kim 7.15-8pm	HIIT & Abs Dance Studio Al 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 Kim 9.15-10am	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							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 Gail 9.15 - 10am	Pilates Dance Studio Robert 10.15-11am			Clubbercise Dance Studio *Gail* 6.15-7pm	<div><div></div>New class, instructor or change of time to current class.</div>			
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	Studio Cycling Cycle Studio Al 9.30 - 10.15am						Yoga Dance Studio Daniela 6-7pm					
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: £10 Pilates & Yoga- all other classes £8

**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\*

PLEASE NOTE: **BANK HOLIDAY MONDAY, 25 AUGUST 2025** 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](http://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 12 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 (at bottom of the page) for more information: <https://www.bradfieldsportscomplex.co.uk/exercise-classes/>