

**DANCE STUDIO AND CYCLE STUDIO CLASSES MONDAY 28th JULY 2025 - SUNDAY 19 OCTOBER 2025**

| Day       | Morning Classes                                               |                                                         |                                                              |                                                        |                                                         |  | Evening Classes                                 |                                                   |                                                                                 |                                                             |                                                       |                                                                                                                                                          |
|-----------|---------------------------------------------------------------|---------------------------------------------------------|--------------------------------------------------------------|--------------------------------------------------------|---------------------------------------------------------|--|-------------------------------------------------|---------------------------------------------------|---------------------------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday    | Stretch & Strength<br>Dance Studio<br>Veronica<br>7.30-8.15am | Yoga<br>Dance Studio<br>Klara<br>8.45-9.45am            | HIIT Studio Cycling<br>Cycle Studio<br>Gail<br>9.15-9.45am   | Stretch<br>Dance Studio<br>Madeleine<br>10.00-10.45am  | Cardio Dance Mix<br>Dance Studio<br>Michelle<br>11-12am |  | Pilates<br>Dance Studio<br>Katie<br>6.05-6.50pm | Studio Cycling<br>Cycle Studio<br>Al<br>6.15-7pm  | Pilates<br>Dance Studio<br>Katie<br>6.55-7.40pm                                 | Studio Cycling<br>Cycle Studio<br>Kim<br>7.15-8pm           | Aquafit<br>St Andrew's Pool<br>Kelley<br>7.30-8.15    | HIIT & Abs<br>Dance Studio<br>Al<br>7.45-8.30pm                                                                                                          |
| Tuesday   | Pilates<br>Dance Studio<br>Katie<br>8-9am                     | Power Pump<br>Dance Studio<br>Madeleine<br>9.30-10.15am | Aquafit<br>Pool<br>Michelle<br>9.30-10.15am                  | Fit Steps<br>Dance Studio<br>Michelle<br>10.30-11.30am |                                                         |  |                                                 |                                                   |                                                                                 | Studio Cycling<br>Cycle Studio<br>Toby<br>6.15-7pm          | Circuits<br>Dance Studio<br>Sarah<br>6.20-7.05pm      | Stretch<br>Dance Studio<br>Robert<br>7.15-8pm                                                                                                            |
| Wednesday | HIITStep<br>Dance Studio<br>Gail<br>7.30-8am                  | Gentle Yoga<br>Dance Studio<br>Kathi<br>9-10am          | Studio Cycling<br>Cycle Studio<br>Kim<br>9.15-10am           | Aquafit<br>Pool<br>Rob<br>9.45-10.30am                 | Pilates<br>Dance Studio<br>Daniella<br>10.15-11.15am    |  |                                                 |                                                   |                                                                                 | Cardio Dance Mix<br>Dance Studio<br>Michelle<br>6.15-7.15pm | Studio Cycling<br>Cycle Studio<br>Gail<br>6.30-7.15pm | Strength & Condition<br>Dance Studio<br>Gail<br>7.30-8.15pm                                                                                              |
| Thursday  | Stretch<br>Dance Studio<br>Rob<br>7.30-8.15am                 | Yoga<br>Dance Studio<br>Kathi<br>8.45-9.45am            | Body Conditioning<br>Dance Studio<br>Madeleine<br>10-10.45am |                                                        |                                                         |  |                                                 |                                                   |                                                                                 | Power Pump<br>Dance Studio<br>Veronica<br>6.30-7.20pm       | Box Fit<br>Dance Studio<br>Toby<br>7.30-8.10pm        | Stretch<br>Dance Studio<br>Robert<br>8.15-9pm                                                                                                            |
| Friday    | HIITStep<br>Dance Studio<br>Gail<br>7.30-8am                  | Pilates<br>Dance Studio<br>Robert<br>8.15-9am           | Pilates<br>Dance Studio<br>Robert<br>9.15-10am               | Studio Cycling<br>Cycle Studio<br>Gail<br>9.15 - 10am  | Pilates<br>Dance Studio<br>Robert<br>10.15-11am         |  |                                                 | Clubbercise<br>Dance Studio<br>*Gail*<br>6.15-7pm | <div><div></div>New class, instructor or change of time to current class.</div> |                                                             |                                                       |                                                                                                                                                          |
| Saturday  | Studio Cycling<br>Cycle Studio<br>Gail<br>8.15-9am            | Intense Abs<br>Dance Studio<br>Gail<br>9.15-9.45am      | Body Blast<br>Dance Studio<br>Gail<br>10-10.45am             |                                                        |                                                         |  |                                                 |                                                   |                                                                                 |                                                             |                                                       |                                                                                                                                                          |
| Sunday    | Studio Cycling<br>Cycle Studio<br>Al<br>9.30 - 10.15am        |                                                         |                                                              |                                                        |                                                         |  | Yoga<br>Dance Studio<br>Daniela<br>6-7pm        |                                                   |                                                                                 |                                                             |                                                       | Cycling Studio Information:<br><br>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: Aqua Fit on Mondays from 7.30-8.15pm will be at St Andrew's School in Pangbourne (RG8 8QA). To book onto this class, please call reception.**

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/>