

DANCE STUDIO AND CYCLE STUDIO CLASSES MONDAY 20th OCTOBER 2025 - SUNDAY 25 JANUARY 2026

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							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 Daniella 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	Pilates Dance Studio Katie 8.30-9.30am	Body Conditioning Dance Studio Madeleine 9.45-10.30am	Yoga Dance Studio Klara 10.45-11.30am						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> 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	Studio Cycling Cycle Studio Al 9 - 9.45am						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 16-18 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

DURING THE CHRISTMAS HOLIDAY PERIOD FROM 24 DECEMBER 2025 UNTIL 1 JANUARY 2026 THERE WILL BE NO EVENING CLASSES. THE CENTRE WILL BE CLOSED ON 25 & 26 DECEMBER 2025 & 1 JANUARY 2026.
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 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/>