

DANCE STUDIO AND CYCLE STUDIO CLASSES MONDAY 22nd DECEMBER 2025 - SUNDAY 4th JANUARY 2026

MON 22nd DEC	TUES 23rd DEC	WED 24th DEC	THU 25th DEC	FRI 26th DEC	SAT 27th DEC	SUN 28th DEC
STRETCH & STRENGTH	YOGA	HIIT STEP	CHRISTMAS	BOXING	STUDIO CYCLING	STUDIO CYCLING
VERONICA	BEATRICE	GAIL	DAY	DAY	GAIL	AL
7:30 - 8:15am	8 - 9am	8:15 -8:45am	CENTRE	CENTRE	8:15 - 9am	9 - 9:45am
YOGA	STRENGTH & CONDITIONING	GENTLE YOGA			INTENSE ABS	CENTRE CLOSING
MIKE	GAIL	MIKE	CLOSED	CLOSED	GAIL	AT
8:45 - 9:45am	9:30 - 10:15am	9 -10am			9:15 - 9:45am	4pm
HIIT STUDIO CYCLING	AQUAFIT	STUDIO CYCLING	WE		BODY BLAST	
GAIL	MADELEINE	KIM	YOU A	A CX	GAIL	
9:15 - 9.45am	9:30 - 10:15am	9:15 - 10am	Merry	HAPPY	10 - 10:45am	
STRETCH	CIRCUITS	AQUAFIT	CHRISTMAS	BOXING	CENTRE CLOSING	
MADELEINE	GAIL	ROB			AT	
10 - 10:45am	6:20 - 7:05pm	9:45 - 10.30am			4pm	
AEROBICS	STRETCH	YOGA			_	-

STRETCH GAIL 6:05 - 6:50pm

MADELEINE

11 - 11:45am

STUDIO CYCLING

AL

6:15 - 7pm

STRETCH GAIL

6:55 - 7:40pm

STUDIO CYCLING KIM

7:15 -8pm



THE STAFF OF BRADFIELD COLLEGE

SPORTS COMPLEX
WOULD LIKE TO WISH
ALL OUR MEMBERS A
VERY

MERRY CHRISTMAS AND A HAPPY & HEALTHY NEW YEAR!

Different class or change of time to current class

MIKE

10:15 - 11:15am

CENTRE CLOSING

ΑT

4pm

ROB

7:15 - 8pm

