





**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 VERONICA 7:30 - 8:15am	PILATES KATIE 8 - 9am	HIIT STEP GAIL 8:15 - 8:45am	CHRISTMAS DAY CENTRE  CLOSED  	BOXING DAY CENTRE  CLOSED  	STUDIO CYCLING GAIL 8:15 - 9am	STUDIO CYCLING AL 9 - 9:45am
YOGA MIKE 8:45 - 9:45am	STRENGTH & CONDITIONING GAIL 9:30 - 10:15am	GENTLE YOGA MIKE 9 - 10am			INTENSE ABS GAIL 9:15 - 9:45am	CENTRE CLOSING AT 4pm
HIIT STUDIO CYCLING GAIL 9:15 - 9:45am	AQUAFIT MADELEINE 9:30 - 10:15am	STUDIO CYCLING KIM 9:15 - 10am			BODY BLAST GAIL 10 - 10:45am	
STRETCH MADELEINE 10 - 10:45am	CIRCUITS GAIL 6:20 - 7:05pm	AQUAFIT ROB 9:45 - 10:30am			CENTRE CLOSING AT 4pm	
AEROBICS MADELEINE 11 - 11:45am	STRETCH ROB 7:15 - 8pm	YOGA MIKE 10:15 - 11:15am				
PILATES KATIE 6:05 - 6:50pm		CENTRE CLOSING AT 4pm				
STUDIO CYCLING AL 6:15 - 7pm						
PILATES KATIE 6:55 - 7:40pm						
STUDIO CYCLING KIM 7:15 - 8pm						



Different class or change of time to current class



THE STAFF OF BRADFIELD COLLEGE

SPORTS COMPLEX WOULD LIKE TO WISH ALL OUR MEMBERS A VERY

MERRY CHRISTMAS AND A HAPPY & HEALTHY NEW YEAR!

<b>DANCE STUDIO AND CYCLE STUDIO CLASSES MONDAY 22nd DECEMBER 2025 - SUNDAY 4th JANUARY 2026</b>						
<b>MON 29th DEC</b>	<b>TUES 30th DEC</b>	<b>WED 31st DEC</b>	<b>THU 1st JAN</b>	<b>FRI 2nd JAN</b>	<b>SAT 3rd JAN</b>	<b>SUN 4th JAN</b>
<b>STRETCH &amp; STRENGTH VERONICA 8 - 8.45am</b>	<b>POWER PUMP MADELEINE 9 - 9:45am</b>	GENTLE YOGA DANIELLA 9 -10am	NEW YEARS	HIITSTEP GAIL 7:30 - 8am	STUDIO CYCLING GAIL 8:15 - 9am	STUDIO CYCLING AL 9 - 9:45am
HIIT STUDIO CYCLING GAIL 9:15 - 9:45am	PILATES DANIELA 10 - 11am	STUDIO CYCLING KIM 9:15 - 10am	CENTRE CLOSED	PILATES ROBERT 8:15 - 9am	INTENSE ABS GAIL 9:15 - 9:45am	YOGA DANIELA 6-7pm
STRETCH MADELEINE 10 - 10:45am	CENTRE CLOSING AT 4pm	PILATES DANIELLA 10:15 - 11:15am		PILATES ROBERT 9:15 - 10am	BODY BLAST GAIL 10 - 10:45am	
CENTRE CLOSING AT 4pm				STUDIO CYCLING GAIL 9:15 - 10am		
				PILATES ROBERT 10:15 - 11am		
				CLUBBERCISE GAIL 6:15 - 7pm		
<div style="float:right;">  Different class or change of time to current class         </div>						
Contact: Bradfield College Sports Complex, Bradfield, Reading, RG7 6BZ      Email: frontdesk@bradfieldcollege.org.uk Telephone: 0118 964 4600						

Contact: Bradfield College Sports Complex, Bradfield, Reading, RG7 6BZ    Email: [frontdesk@bradfieldcollege.org.uk](mailto:frontdesk@bradfieldcollege.org.uk) Telephone: 0118 964 4600