

DANCE STUDIO AND CYCLE STUDIO CLASSES MONDAY 26th JANUARY 2026 - SUNDAY 26 APRIL 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
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 *Robert/Gail* 6.20-7.05pm	Stretch Dance Studio Robert 7.15-8pm
Wednesday	Tai Chi Dance Studio Peter 8-8.45am	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				Tai Chi Dance Studio Peter 6.15-7.15pm	Studio Cycling Cycle Studio Gail 6.30-7.15pm	Strength & Condition Dance Studio Gail 7.30-8.15pm
Thursday	Pilates Dance Studio Daniella 7.45-8.30am	Stretch Dance Studio Rob 8.45-9.30am	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

Circuits on Tuesdays will have alternative instructors every other week

DURING THE EASTER WEEKEND PERIOD FROM 3 APRIL UNTIL 6 APRIL 2026 THERE WILL BE NO EARLY MORNING OR EVENING CLASSES AS THE SPORTS COMPLEX WILL ONLY BE OPEN BETWEEN 8AM-4PM.
 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/>