DANCE STUDIO AND CYCLE STUDIO CLASSES MONDAY 21st DECEMBER 2026 - SUNDAY 3rd JANUARY 2027

MON 21st DEC	TUES 22nd DEC	WED 23rd DEC	THU 24th DEC	FRI 25th DEC	SAT 26th DEC	SUN 27th DEC
STRETCH & STRENGTH VERONICA 7:30 - 8:15am	STRETCH & STRENGTH GAIL 8 - 9am	TAI CHI PETER 8 -8:45am	STRETCH ROB 8:45 - 9.30am	CHRISTMAS DAY CENTRE CLOSED	BOXING DAY CENTRE CLOSED	CENTRE CLOSED
YOGA KLARA 8:45 - 9:45am	STRENGTH & CONDITIONING GAIL 9:30 - 10:15am	PILATES ROB 9 -9.45am	BODY CONDITIONING GAIL 9:45 - 10:30am			
HIIT STUDIO CYCLING GAIL 9:15 - 9.45am	AQUAFIT TOBY 9:30 - 10:15am	STUDIO CYCLING Gail 9:15 - 10am	*CENTRE CLOSING* *AT* *2pm*			
STRETCH GAIL 10 - 10:45am	CIRCUITS GAIL 6:20 - 7:05pm	AQUAFIT ROB 10 - 10.45am				
PILATES ROB 6:05 - 6:50pm	STRETCH ROB 7:15 - 8pm	GENTLE YOGA KLARA 10 - 11am				
STUDIO CYCLING KIM 6:15 - 7pm		HIITSTEP & ABS GAIL 6:30 - 7:15pm				
PILATES ROB 6:55 - 7:40pm		STRENGTH & CONDITIONING GAIL 7:30 - 8:15pm				



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/instructor to current class

DANCE STUDIO AND CYCLE STUDIO CLASSES MONDAY 21st DECEMBER 2026 - SUNDAY 3rd JANUARY 2027

MON 28th DEC	TUES 29th DEC	WED 30th DEC	THU 31st DEC	FRI 1st JAN	SAT 2nd JAN	SUN 3rd JAN
YOGA KLARA 8.45 - 9.45am	STRETCH & STRENGTH GAIL 8 - 9am	TAI CHI PETER 8 -8:45am	YOGA KLARA 8:45 - 9.30am	NEW YEARS	STUDIO CYCLING GAIL 8:15 - 9am	STUDIO CYCLING KIM 9 - 9:45am
HIIT STUDIO CYCLING GAIL 9:15 - 9:45am	POWER PUMP MADELEINE 9 - 9:45am	GENTLE YOGA DANIELLA 9 -10am	BODY CONDITIONING MADELEINE 9:45 - 10:30am	CENTRE CLOSED 	INTENSE ABS GAIL 9:15 - 9:45am	
STRETCH MADELEINE 10 - 10:45am	*CENTRE CLOSING* *AT* *4pm*	STUDIO CYCLING KIM 9:15 - 10am	*CENTRE CLOSING* *AT* *4pm*		BODY BLAST GAIL 10 - 10:45am	
CENTRE CLOSING *AT* *4pm*		PILATES DANIELLA 10:15 - 11:15am				
		CENTRE CLOSING *AT* *4pm*				

Different class or change of time/instructor to current class

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