

DANCE STUDIO AND CYCLE STUDIO CLASSES 5 SEPTEMBER - 16 DECEMBER 2016 (TERM TIME)

Day	Morning Classes		
Monday	Studio Cycling Cycle Studio Kathi 9.15-10am	Pure Stretch Dance Studio Kathi 10.15-11am	Body Blitz Dance Studio Madeleine 11am-12

Tuesday	Body Pump Dance Studio Julie 9.30-10.30am		
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Wednesday	Pure Stretch Dance Studio Kathi 9.15-10.15am	Aquafit Pool Maggie 10-10.45am	
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Thursday	FFYoga Dance Studio Kathi 9.15-10.30am		
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Friday	Studio Cycling Cycle Studio Kathi 9.15 - 9.50am	Pilates Dance Studio Kathi 10.05-11.05am	
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Saturday	Insanity Dance Studio Maggie 9.30-10.15am	Studio Cycling Cycle Studio Laura 9.30-10.15am	
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Sunday	Studio Cycling Cycle Studio Mel 9.45-10.30am	Fit Steps Dance Studio Michelle 10.30-11.30am	
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Evening Classes			
Pilates Dance Studio Maggie 6.30-7.30pm	HIIT Dance Studio Maggie 7.30-8.10pm	Studio Cycling Cycle Studio Angela 7.45-8.30pm	Aquafit Pool Maggie 8.15-9pm

Body Balance Dance Studio Veronica 6.10-7.05pm	Studio Cycling Cycle Studio Kathi 6.10-6.50pm	Circuits Dance Studio Mel 7.20-8.10pm	Body Pump Dance Studio Mel 8.15-9.15pm
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Studio Cycling Cycle Studio Kathi 6.10-6.50pm	Pilates Dance Studio Kathi 7.05-8pm	Road Profile Cycle Studio Chris 8 - 8.45pm	FFYoga Dance Studio Kathi 8.05-9pm
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Body Pump Dance Studio Veronica 6.30-7.30pm	Studio Cycling Cycle Studio Mel 6.30-7.15pm	Body Balance Dance Studio Veronica 7.35-8.35pm	
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Studio Cycling Cycle Studio Veronica/Caroline 6.15-7pm			
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Body Pump Dance Studio 6.30-7.30pm		Cycling Studio Information Studio Cycling & Road Profile take place in the cycling studio which uses multi-coloured lighting linked to the music beat.	
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Pricing:

Members

Classes are included in the cost of all Aqua Plus and All Rounder memberships

Non-members

Classes are available to non-members by payment of the fee: £7 for Pilates & Yoga; all other classes £6

Booking:

Members can book for themselves only at reception or by phone 7 days in advance of the end time of the class

Non-members can book for themselves only at reception or by phone 3 days in advance of the end time of the class

Cancellations

Members must provide 2 hours notice of cancellation. Failure to do so may result in the loss of booking privileges

Non-members

A cancellation charge will apply to cancellations with less than 12 hours notice.