



BRADFIELD COLLEGE SPORTS COMPLEX

BERKSHIRE'S MOST WELCOMING HEALTH AND FITNESS CLUB

GYM & Aerobic / Exercise classes Timetable for Monday 29th May – Sunday 4th June 2017

Day	Sat 27 th May	Sun 28 th May	Mon 29 th May	Tue 30 th May	Wed 31 st May	Thur 1 st June	Fri 2 nd June	Sat 3 rd June	Sun 4 th June
Class Instructor Time	HITT DANCE STUDIO Maggie 9.30 – 10.15am	STUDIO CYCLING CYCLE STUDIO Mel 9.30 – 10.15am			PURE STRETCH DANCE STUDIO Kathi 9.15 – 10.15am	FFYOGA DANCE STUDIO LIN 9.15 – 10.30 am	STUDIO CYCLING CYCLE STUDIO MEL 9.15 – 9.50 am	HITT DANCE STUDIO Maggie 9.30 – 10.15am	STUDIO CYCLING CYCLE STUDIO Mel 9.30 – 10.15am
Class Instructor Time	STUDIO CYCLING CYCLE STUDIO Gail 9.30 – 10.15am	FIT STEPS DANCE STUDIO MICHELLE 10.30 – 11.30am	STUDIO CYCLING CYCLE STUDIO Kathi 10.15 – 11am		AQUAFIT Maggie 9.45 – 10.30am		PILATES DANCE STUDIO LIN 10.05–11.05 am	STUDIO CYCLING CYCLE STUDIO Gail 9.30 – 10.15am	FIT STEPS DANCE STUDIO MICHELLE 10.30 – 11.30am
Class Instructor Time		BODY PUMP "STUDIO TEAM" DANCE STUDIO 6.30 – 7.30 pm		BODY BALANCE DANCE STUDIO Veronica 6:10 – 7.05pm	STUDIO CYCLING CYCLE STUDIO Caz 6.10 – 6.50 pm	BODY PUMP DANCE STUDIO Veronica 6.30 – 7.30 pm	STUDIO CYCLING CYCLE STUDIO Caz / Veronica 6.15 – 7 pm		BODY PUMP "STUDIO TEAM" DANCE STUDIO 6.30 – 7.30 pm
Class Instructor Time				STUDIO CYCLING CYCLE STUDIO Kathi 6.10 – 6.50pm	PILATES DANCE STUDIO LIN 7.35 – 8.20 pm	STUDIO CYCLING CYCLE STUDIO Mel 6.30 – 7.15 pm			
Class Instructor Time				CIRCUITS DANCE STUDIO Mel 7.20 – 8.10pm	ROAD PROFILE CYCLE STUDIO Chris 8 – 8.45 pm	BODY BALANCE DANCE STUDIO Veronica 7.35 – 8.35 pm			
Class Instructor Time					FFYOGA DANCE STUDIO Kathi 8.20 – 9.05 pm				
GYM	8 am – 8pm	8 am – 9pm	10 am – 5 pm	6.30am–9 pm	6.30am–10 pm	6.30am–9 pm	6.30am–9 pm	8 am – 8pm	8 am – 9 pm

Advance notification - BRADFIELD COLLEGE COMMEMORATION DAY IS SATURDAY 1st JULY 2017 when the sports complex building will be closed between 9 am and 3 pm. HITT with Maggie and Studio Cycling with Gail will not take place on this morning.

Saturday morning swimming lessons will run, as normal from 8.40 – 9.40 am and the indoor tennis centre will be open for a full programme but with no access to the sports centre building.