



BRADFIELD COLLEGE SPORTS COMPLEX

Swimming · Fitness Classes · Sports Hall · Gym

Aerobic / Exercise classes Timetable for Saturday 16th February – Sunday 24th February 2019

Day	Sat 16 th Feb	Sun 17 th Feb	Mon 18 th Feb	Tue 19 th Feb	Wed 20 th Feb	Thur 21 st Feb	Fri 22 nd Feb	Sat 23 rd Feb	Sun 24 th Feb
Class Instructor Time	Studio Cycling Gail 9.30 – 10.15am	Studio Cycling Mel 9.30 – 10.15am	Studio Cycling Kathi 9.15 – 10am	Body Pump Julie 9.30 – 10.30am	Pure Stretch Kathi 9.15 – 10.15am	Yoga Kathi 9.15 – 10.30 am	Studio Cycling Kathi 9.15 - 9.50 am	Studio Cycling Gail 9.30 – 10.15am	Studio Cycling Mel 9.30–10.15am
Class Instructor Time	Circuits Maggie 9.45 – 10.30am	Fitsteps Michelle 10.30 -11.30am	Pure Stretch Kathi 10.15 – 11am	Fitsteps Michelle 10.45 -11.45am	Aqua Fit Maggie 9.45 – 10.30am	Barre Fitness Kathi 10.45 – 11.30am	Pilates Kathi 10.05 -11.05am	Circuits Maggie 9.45 – 10.30am	Fitsteps Michelle 10.30 -11.30
Class Instructor Time			DDMIX Michelle 11.10 – 12.10pm						
Class Instructor Time			Pilates Maggie 6.30 – 7.30pm	Pure Stretch Kathi 6 – 6.45pm	DDMIX Michelle 6.00 – 7pm	Body Pump Veronica 6.30 – 7.30pm	Studio Cycling Veronica/ Caroline 6.15 – 7pm		
Class Instructor Time			HIIT Maggie 7.30 – 8.10pm	Studio Cycling Kathi 7 – 7.45pm	Studio Cycling Kathi 6.10 – 6.50pm	Studio Cycling Mel 6.30 – 7.15pm			
Class Instructor Time			Studio Cycling Caroline 7.45 – 8.30pm	Circuits Mel 7 – 7.50pm	Pilates Kathi 7.05 – 8pm	Body Balance Veronica 7.35 – 8.35pm			
Class Instructor Time			Aqua Fit Maggie 8.15 – 9pm	Xpress Pump Mel 8 – 8.45pm	Studio Cycling Gail 8– 8.45pm				
Class Instructor Time					Yoga Ben 8.05 – 9pm				