



BRADFIELD COLLEGE SPORTS COMPLEX

BERKSHIRE'S MOST WELCOMING HEALTH AND FITNESS CLUB

GYM & Aerobic / Exercise classes Timetable for Saturday 25th March – Sunday 23rd April 2017

Day	Sat 25 th Mar	Sun 26 th Mar	Mon 27 th Mar	Tue 28 th Mar	Wed 29 th Mar	Thur 30 th Mar	Fri 31 st Mar	Sat 1 st April	Sun 2 nd April
Class Instructor Time	Studio Cycling Laura 9.30 – 10.15am	Studio Cycling Mel 9.30 – 10.30 am	Studio Cycling Kathi 9.15 – 10 am	Body Pump Julie 9.30 – 10.30	Pure Stretch Kathi 9.15 – 10.15 am	FF Yoga Kathi 9.15 – 10.30 am	RPM Kathi 9.15.9.50 am	Studio Cycling Laura 9.30 – 10.15am	Studio Cycling Mel 9.30–10.15 am
Class Instructor Time	HITT Maggie 9.30 – 10.15 am	Fit – Steps Michelle 10.30 -11.30 am	Pure Stretch Kathi 10.15 – 11 am		Aquafit Maggie 10 – 10.45am		Pilates Kathi 10.05 -11.0 5am	HITT Maggie 9.30 – 10.15 am	Fit – Steps Michelle 10.30 -11.30 am
Class Instructor Time			Body Blitz Madeline 11 – 12pm						
Class Instructor Time		Body Pump 6.30 – 7.30 pm	Pilates Maggie 6.30-7.30 pm	Body Balance Veronica 6.10 – 7.05 pm		Body Pump Veronica 6.30 – 7.30 pm	Studio Cycling Caroline/Veronica 6.15 – 7 pm		Body Pump 6.30 – 7.30 pm
Class Instructor Time			HITT Maggie 7.30 – 8.10 pm	Studio Cycling Kathi 6.10 – 7 pm	Studio Cycling Kathi 6.10-6.50 pm	Studio Cycling Mel 6.30 – 7.15 pm			
Class Instructor Time			Studio Cycling Caroline 7.45 – 8.30 pm	Circuits Mel 7.20 – 8.10 pm	Pilates Kathi 7.05 - 8 pm	Body Balance Veronica 7.35 – 8.35 pm			
Class Instructor Time			Aquafit Maggie 8.15 - 9 pm	Body Pump Mel 8.15 – 9.15 pm	Road Profile Chris 8 – 8.45 pm				
Class Instructor Time					FF Yoga Kathi 8.05 - 9 pm				
GYM	7 am – 8 pm	8 am – 9 pm	6.30am-10pm	6.30am-9pm	6.30am-10pm	6.30 am–9pm	6.30am-9pm	7 am – 8 pm	8 am – 9 pm



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Day	Mon 3 rd April	Tue 4 th April	Wed 5 th April	Thur 6 th April	Fri 7 th April	Sat 8 th April	Sun 9 th April
Class	Studio Cycling	Body Pump	Pure Stretch	FF Yoga	RPM	Studio Cycling	Studio Cycling
Instructor	Kathi	Julie	Kathi	Kathi	Kathi	Laura	Mel
Time	9.15 – 10 am	9.30 – 10.30	9.15 – 10.15 am	9.15 – 10.30 am	9.15.9.50 am	9.30 – 10.15am	9.30–10.15 am
Class	Pure Stretch				Pilates	HITT	Fit – Steps
Instructor	Kathi				Kathi	Maggie	Michelle
Time	10.15 – 11 am				10.05 -11.0 5am	9.30 – 10.15 am	10.30 -11.30 am
Class	Body Blitz						
Instructor	Madeline						
Time	11 – 12pm						
Class	Pilates	Body Balance		Body Pump	Studio Cycling		Body Pump
Instructor	Maggie	Veronica		Veronica	Caroline/Veronica		
Time	6.30-7.30 pm	6.10 – 7.05 pm		6.30 – 7.30 pm	6.15 – 7 pm		6.30 – 7.30 pm
Class	HITT	Studio Cycling	Studio Cycling	Studio Cycling			
Instructor	Maggie	Kathi	Kathi	Mel			
Time	7.30 – 8.10 pm	6.10 – 7 pm	6.10-6.50 pm	6.30 – 7.15 pm			
Class	Studio Cycling	Circuits	Pilates	Body Balance			
Instructor	Caroline	Mel	Kathi	Veronica			
Time	7.45 – 8.30 pm	7.20 – 8.10 pm	7.05 - 8 pm	7.35 – 8.35 pm			
Class	Aquafit	Body Pump	Road Profile				
Instructor	Maggie	Mel	Chris				
Time	8.15 - 9 pm	8.15 – 9.15 pm	8 – 8.45 pm				
Class			FF Yoga				
Instructor			Kathi				
Time			8.05 - 9 pm				
GYM	6.30am-10pm	6.30am-9pm	6.30am-10pm	6.30 am–9pm	6.30am-9pm	7 am – 8 pm	8 am – 9 pm



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Day	Mon 10 th April	Tue 11 th April	Wed 12 th April	Thur 13 th April	Good Fri 14 th April	Easter Sat 15 th April	Easter Sun 16 th April
Class Instructor Time	Studio Cycling Kathi 9.15 – 10 am		Pure Stretch Kathi 9.15 – 10.15 am	FF Yoga Kathi 9.15 – 10.30 am	RPM Kathi 9.15-9.50 am	Studio Cycling Caz 9.30 – 10.15am	Studio Cycling Mel 10.15 - 11am
Class Instructor Time	Pure Stretch Kathi 10.15 – 11 am				Pilates Kathi 10.05 -11.0 5am	HITT Gail 9.30 – 10.15 am	Fit – Steps Michelle 10.30 -11.30 am
Class Instructor Time	Pilates Maggie 6.30-7.30 pm	Body Balance Veronica 6.10 – 7.05 pm		Body Pump Veronica 6.30 – 7.30 pm	Studio Cycling Gail 6.15 – 7 pm		Body Pump 6.30 – 7.30 pm
Class Instructor Time	HITT Maggie 7.30 – 8.10 pm	Studio Cycling Kathi 6.10 – 7 pm	Studio Cycling Kathi 6.10-6.50 pm	Studio Cycling Mel 6.30 – 7.15 pm			
Class Instructor Time	Studio Cycling Caroline 7.45 – 8.30 pm	Circuits Mel 7.20 – 8.10 pm	Pilates Kathi 7.05 - 8 pm	Body Balance Veronica 7.35 – 8.35 pm			
Class Instructor Time	Aquafit Maggie 8.15 - 9 pm	Body Pump Mel 8.15 – 9.15 pm	Road Profile Chris 8 – 8.45 pm				
Class Instructor Time			FF Yoga Kathi 8.05 - 9 pm				
GYM	6.30am-10pm	6.30am-9pm	6.30am-10pm	6.30 am–9pm	6.30am-9pm	7 am – 8 pm	10am -7:30pm



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Day	Easter Mon 17 th April	Tue 18 th April	Wed 19 th April	Thur 20 th April	Fri 21 st April	Sat 22 nd April	Sun 23 rd April	Mon 24 th April
Class Instructor Time	Studio Cycling Kathi 10.15 - 11am		Pure Stretch Kathi 9.15 – 10.15 am	FF Yoga Kathi 9.15 – 10.30 am	RPM Kathi 9.15.9.50 am	Studio Cycling Laura 9.30 – 10.15am	Studio Cycling Mel 10.15 - 11am	Studio Cycling Kathi 9.15 – 10 am
Class Instructor Time			Aquafit Maggie 10 – 10.45am		Pilates Kathi 10.05 -11.0 5am	HITT Maggie 9.30 – 10.15 am	Fit – Steps Michelle 10.30 -11.30 am	Pure Stretch Kathi 10.15 – 11 am
Class Instructor Time		Body Balance Veronica 6.10 – 7.05 pm		Body Pump Veronica 6.30 – 7.30 pm	Studio Cycling Caroline/Veronica 6.15 – 7 pm		Body Pump 6.30 – 7.30 pm	Pilates Maggie 6.30-7.30 pm
Class Instructor Time		Studio Cycling Kathi 6.10 – 7 pm	Studio Cycling Kathi 6.10-6.50 pm	Studio Cycling Mel 6.30 – 7.15 pm				HITT Maggie 7.30 – 8.10 pm
Class Instructor Time		Circuits Mel 7.20 – 8.10 pm	Pilates Kathi 7.05 - 8 pm	Body Balance Veronica 7.35 – 8.35 pm				Studio Cycling Caroline 7.45 – 8.30 pm
Class Instructor Time		Body Pump Mel 8.15 – 9.15 pm	Road Profile Chris 8 – 8.45 pm					Aquafit Maggie 8.15 - 9 pm
Class Instructor Time			FF Yoga Kathi 8.05 - 9 pm					
GYM	10am – 6pm	6.30am-2pm 5.30pm-9pm	6.30am-2pm 5.30pm-10pm	6.30 am–2pm 5.30pm-9pm	6.30am-2pm 5.30pm-9pm	7.00am -2pm 5.00pm-8pm	8am-2pm 5pm-9pm	6.30am-2pm 5.30pm-10pm