

DANCE STUDIO AND CYCLE STUDIO CLASSES WEDNESDAY 2nd JANUARY - FRIDAY 29th MARCH 2019 (LENT TERMTIME)

Day	Morning Classes			Evening Classes				
Monday	Studio Cycling Cycle Studio Kathi 9.15-10am	Pure Stretch Dance Studio Kathi 10.15-11am	DDMIX Dance Studio Michelle 11.10am-12.10pm	Pilates Dance Studio Maggie 6.30-7.30pm	HIIT Dance Studio Maggie 7.30-8.10pm	Studio Cycling Cycle Studio Caroline 7.45-8.30pm	Aquafit Pool Maggie 8.15-9pm	
Tuesday	Body Pump Dance Studio Julie 9.30-10.30am	Fit Steps Dance Studio Michelle 10.45-11.45am		Pure Stretch Dance Studio Kathi 6 - 6.45pm	Studio Cycling Cycle Studio Kathi 7 - 7.45pm	Circuits Dance Studio Mel 7 - 7.50pm	Xpress Pump Dance Studio Mel 8 - 8.45pm	
Wednesday	Pure Stretch Dance Studio Kathi 9.15-10.15am	Aquafit Pool Maggie 9.45-10.30		DDMIX Dance Studio Michelle 6 - 7pm	Studio Cycling Cycle Studio Kathi 6.10-6.50pm	Pilates Dance Studio Kathi 7.05-8pm	Studio Cycling Cycle Studio Gail 8 -8.45pm	Yoga Dance Studio Ben 8.05-9pm
Thursday	Yoga Dance Studio Kathi 9.15-10.30am	Barre Fitness Dance Studio Kathi 10.45 - 11.30am		Body Pump Dance Studio Veronica 6.30-7.30pm	Studio Cycling Cycle Studio Mel 6.30-7.15pm	Balance Dance Studio Veronica 7.35-8.35pm		
Friday	Studio Cycling Cycle Studio Kathi 9.15 - 9.50am	Pilates Dance Studio Kathi 10.05-11.05am		Studio Cycling Cycle Studio Veronica / Caroline 6.15-7pm				
Saturday	Circuits Dance Studio Maggie 9.45 - 10.30am	Studio Cycling Cycle Studio Gail 9.30-10.15am						
Sunday	Studio Cycling Cycle Studio Mel 9.30-10.15am	Fit Steps Dance Studio Michelle 10.30-11.30am						

Cycling Studio Information
Studio Cycling
Take place in the cycling studio which uses multi-coloured lighting linked to the music beat.

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

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