

DANCE STUDIO AND CYCLE STUDIO CLASSES MONDAY 2nd SEPTEMBER - FRIDAY 25th OCTOBER 2019 (MMAS 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		Core Conditioning Dance Studio Maggie 6.30-7.30pm		Studio Cycling Cycle Studio Caroline 7.45-8.30pm	Aquafit Pool Maggie 8.15-9pm
Tuesday	Power Pump Dance Studio Julie 9.30-10.30am	Fit Steps Dance Studio Michelle 10.45-11.45am			Pure Stretch Dance Studio Veronica 6.10-6.55pm	Studio Cycling Cycle Studio Gail 7-7.45pm	Circuits Dance Studio Mel 7.10-8pm	Fitness Yoga Dance Studio Mel 8.05pm-8.50pm
Wednesday	Pure Stretch Dance Studio Kathi 9.15-10.10am	Studio Cycling Cycle Studio Mel 9.15-10.00	Aquafit Pool Maggie 9.45-10.30	Pilates Dance Studio Kathi 10.20-11.15	DDMIX Dance Studio Michelle 6.00-7.00pm	Pilates Dance Studio Vanessa 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	Body Sculpt Dance Studio Madeleine 10.45-11.30am			Power 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 10.00-11.00am			Studio Cycling Cycle Studio Veronica / Caroline 6.15-7pm	Please note that the new Pilates class on a Wednesday at 10.20 will only start from 2 October. Please note that Pilates on a Friday at 10.00 will only start on 4 October.		
Saturday	Studio Cycling Cycle Studio Gail 9.30-10.15am	Circuits Dance Studio Madeleine 10.15-11.00am						
Sunday	Studio Cycling Cycle Studio Mel 9.30-10.15am	Fit Steps Dance Studio Michelle 10.30-11.30am			Yoga Dance Studio Mike 6.30-7.30pm		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. Fees: £7 for Pilates & Yoga; all other classes £6

Booking:
Members can book for themselves only at reception or by phone 7 days in advance

Non-members can book and pay for themselves only at reception or by phone 3 days in advance

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.