

DANCE STUDIO AND CYCLE STUDIO CLASSES MONDAY 7th SEPTEMBER - SUNDAY 8th NOVEMBER 2020

Day	Morning Classes				Evening Classes				
Monday	Studio Cycling Cycle Studio Mel 8.15-8.45am	Studio Cycling Cycle Studio Mel 9.00-9.45am	Yoga Dance Studio Kathi 9.15-10.15am	Pure Stretch Dance Studio Kathi 10.30-11.15am	Pilates Dance Studio Katie 6.30-7.30pm	Studio Cycling Cycle Studio Caroline 6.45-7.30pm	Cardio Box Sports Hall Sam 7.15-8.00pm	Studio Cycling Cycle Studio Caroline 7.45-8.30pm	Aquafit Pool Maggie 8.15-9.00pm
Tuesday	Power Conditioning Dance Studio Madeleine 9.15-10.15am	Fit Steps Dance Studio Michelle 10.30-11.30am				Pure Stretch Dance Studio Veronica 6.15-7.00pm	Studio Cycling Cycle Studio Gail 6.15-7.00pm	Circuits Sports Hall Mel 7.15-8.00pm	Fitness Yoga Sports Hall Mel 8.15pm-9.00pm
Wednesday	Pure Stretch Dance Studio Kathi 9.15-10.00am	Studio Cycling Cycle Studio Caroline 9.30-10.15	Aquafit Pool Maggie 09.45-10.30	Pilates Dance Studio Kathi 10.15-11.15			Cardio Dance Mix Dance Studio Michelle 6.30-7.30pm	Studio Cycling Cycle Studio Gail 7.30 - 8.15pm	Yoga Dance Studio Mike 7.45-8.45pm
Thursday	Yoga Dance Studio Kathi 8.00-9.00am	Yoga Dance Studio Kathi 9.15-10.30am	Body Sculpt Dance Studio Madeleine 10.45-11.30am				Studio Cycling Cycle Studio Mel 6.15-7.00pm	Power Conditioning Dance Studio Veronica 6.30-7.30pm	Studio Cycling Cycle Studio Veronica 7.45-8.30pm
Friday	Studio Cycling Cycle Studio Kathi 8.45 - 9.15am	Pilates Dance Studio Barbara 09.00-10.00am	Studio Cycling Cycle Studio Kathi 9.30 - 10.00am	Pilates Dance Studio Kathi 10.15-11.15am		Studio Cycling Cycle Studio Veronica / Caroline 6.15-7.00pm	New classes added to the timetable		
Saturday	Studio Cycling Cycle Studio Gail 8.15-9.00am	Studio Cycling Cycle Studio Gail 9.15-10.00am	Circuits Sports Hall Gail 10.15-11.00am						
Sunday	Studio Cycling Cycle Studio Mel 8.30-9.00am	Studio Cycling Cycle Studio Mel 9.15-10.00am			Yoga Dance Studio Mike 6.30-7.30pm				

Pricing

Members:

Classes are included in both Aqua Plus and All Rounder memberships.

Classes are available to non-members. Fees: £7 for Pilates & Yoga; all other classes £6

Bookings

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 a minimum of 2 hours' notice before the start of the class if they cannot attend. If this is not done they will not be allowed to book onto the same class the following week.

Cycling Studio Information:

There will be a maximum of 10 places per class in the cycle studio due to Covid restrictions. Please clean down your bike before and after use.

There will be a maximum of 12 places per class in the dance studio, except for dance classes which will be limited to 10 per class. Some classes will still be in the sports hall. Please use the hand sanitiser and clean down your equipment before and after use with the cleaning materials provided.

PLEASE NOTE: ALL CLASSES TO BE BOOKED IN ADVANCE. PLEASE CONTACT THE FRONT DESK ON 0118 964 4600.
 Contact: Bradfield College Sports Complex, Bradfield, Reading, RG7 6BZ Email: frontdesk@bradfieldcollege.org.uk