

BRADFIELD COLLEGE SPORTS COMPLEX

FITNESS CLASSES TIMETABLE TERM-TIME

5TH SEPTEMBER 2011 – 20TH JULY 2012 (Version 2 – 5th September to 16th December 2011)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CLASS Instructor Time Price NM(M)	BODY BLITZ Veronica 9.30 - 10.30 am £5(£2)	BODY PUMP Julie 10 – 11 am £5(£2)	BODY BALANCE Jo 9.30 – 10.30 am £5(£2)	HI-LO AERO* Carole 9.30 - 10.30 am £5(£2)	PILATES Maggie 9.30 - 10.30 am £6(£3)	CALORIE KILLER Julie 10.00 – 10.45 am £6	CALORIE KILLER Mel 10.30 – 11.15 am £6
CLASS Instructor Time Price NM(M)			ZUMBA Maggie 10.45 – 11.45 am £5(£2)				ZUMBA Maggie 11.25 – 12.25 am £6
CLASS Instructor Time Price NM(M)			AQUA FIT Jo 10.45 – 11.30 am £5(£2)				

These classes are an inclusive element of any of our membership packages for those aged 16 and over. Non-members are welcome on payment of the relevant charge. We reserve the right to change the class type as necessary. Members may pre-book a place after a class has finished for the following week. However, failure to attend or cancellation with less than 24 hours notice will result in loss of booking privileges or a charge being made.

Classes commence Monday 5th September 2011 and run every week, including school holidays but excluding Bank Holidays and occasional closures.

These classes are NOT included within any of our membership packages. They are available to members and non-members on payment of the relevant fee. Bradfield College Sports Complex members pay the lower price quoted in brackets. These classes will run subject to sufficient participants. We reserve the right to remove classes from the programme, with 2 weeks notice, if demand is insufficient.

Classes commence Monday 5th September 2011 and will run term time only

*Hi-Lo Aero will take place in Old Gym or Squash Courts January-March 2012

CLASS Instructor Time Price NM	PILATES Maggie 6.30 – 7.30 pm £7	CALORIE KILLER Ross 6.15 – 7.00 pm £6	RPM Kathi 6.30 – 7.15 pm £6	BODY PUMP Veronica 6.30-7.30 pm £6	RPM/CAL KILLER Veronica/Caroline 6.15 – 7.00 pm £6		BODY PUMP Gary 6.30 - 7.30 pm £6
CLASS Instructor Time Price NM	CALORIE KILLER Angela 7.45 – 8.30 pm £6	BODY STEP Kathi 7.15-8.15 pm £6	PILATES Kathi 7.30 – 8. 30 pm £7	BODY BALANCE Veronica 7.35 – 8.35 pm £6			
CLASS Instructor Time Price NM	AQUA AEROBICS Maggie 8.15 – 9.00 pm £5	BODY PUMP Mel 8.15-9.15 pm £6					

