

BRADFIELD COLLEGE SPORTS COMPLEX

FITNESS CLASSES TIMETABLE TERM-TIME

7TH SEPTEMBER 2009 – 23RD JULY 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CLASS	<i>BODY BLITZ</i>		<i>BODY BALANCE</i>	<i>HI-LO AERO</i>	<i>PILATES</i>	<i>CALORIE KILLER</i>	<i>RPM</i>
Instructor	<i>Veronica</i>		<i>Jo</i>	<i>Carole</i>	<i>Maggie</i>	<i>Julie</i>	<i>Freddie</i>
Time	<i>9.30-10.30am</i>		<i>9.30 – 10.30 am</i>	<i>9.30-10.30am</i>	<i>9.30-10.30am</i>	<i>10.00 – 10.45 am</i>	<i>10.00-10.35am</i>
Price NM(M)	<i>£4(£2)</i>		<i>£4(£2)</i>	<i>£4(£2)</i>	<i>£6(£3)</i>	<i>£5</i>	<i>£5</i>
CLASS		<i>BODY PUMP</i>	<i>AQUA FIT</i>				<i>BODY STEP</i>
Instructor		<i>Julie</i>	<i>Jo</i>				<i>Ilona</i>
Time		<i>10.45-11.45am</i>	<i>10.40 – 11.25 am</i>				<i>10.45-11.45am</i>
Price NM(M)		<i>£4(£2)</i>	<i>£4(£2)</i>				<i>£5</i>

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 Tuesday 1st September 2009 and run every week, including school holidays but excluding Bank Holidays.

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 7th September 2009 and will run term time only

CLASS	<i>PILATES</i>	<i>BODY STEP</i>	<i>RPM</i>	<i>BODY PUMP</i>	<i>RPM/CAL KILLER</i>		<i>BODY PUMP</i>
Instructor	<i>Maggie</i>	<i>Kathi</i>	<i>Kathi</i>	<i>Veronica</i>	<i>Andrew/Veronica</i>		<i>Gary</i>
Time	<i>6.30 – 7.30 pm</i>	<i>6.30-7.30 pm</i>	<i>6.30 – 7.15</i>	<i>6.30-7.30 pm</i>	<i>6.15 – 7.00 pm</i>		<i>6.30 - 7.30 pm</i>
Price NM	<i>£6</i>	<i>£5</i>	<i>£5</i>	<i>£5</i>	<i>£5</i>		<i>£5</i>
CLASS	<i>CALORIE KILLER</i>	<i>BODY PUMP</i>	<i>PILATES</i>	<i>BODY BALANCE</i>			
Instructor	<i>Angela</i>	<i>Ross</i>	<i>Kathi</i>	<i>Veronica</i>			
Time	<i>7.45 – 8.30 pm</i>	<i>7.35-8.40 pm</i>	<i>7.30 – 8.30 pm</i>	<i>7.35 – 8.35 pm</i>			
Price NM	<i>£5</i>	<i>£5</i>	<i>£6</i>	<i>£5</i>			
CLASS	<i>AQUA AEROBICS</i>						
Instructor	<i>Maggie</i>						
Time	<i>8.15 – 9.00 pm</i>						
Price NM	<i>£4</i>						