

Autumn Timetable

-
23 September – 21 December 2018
-

The timetable is also online at bramleybaths.com



SWIM

MONDAYS

-
7.30am - 9.30am General Swim *
12 Noon - 1.00pm General Swim *
6.15pm - 7.15pm General Swim *
7.15pm - 8.15pm Women Only
Swim/Steam
8.15pm - 9.00pm Aqua Ballet

TUESDAYS

-
7.30am - 9.30am General Swim *
11.15am - 12Noon Aqua Zumba
12Noon - 1.00pm General Swim*
6.15pm - 7.15pm General Swim *
7.15pm - 8.00pm Aqua Aerobics
8.00pm - 9.00pm Adult Lane Swim
9.00pm - 10.00pm Tri BB Swim Session

WEDNESDAYS

-
7.30am - 9.30am General Swim *
11.30am - 12Noon Adult Lessons
12Noon - 1.00pm General Swim *
6.15pm - 7.15pm General Swim *
7.15pm - 8.00pm Aquanatal ***
8.00pm - 9.00pm Adult Swim to Music

THURSDAYS

-
6.30am - 7.30am Tri BB Swim Session
7.30am - 9.30am General Swim *
11.15am - 12Noon Aqua Aerobics
12Noon - 1.00pm General Swim *
6.15pm - 7.15pm General Swim *
7.15pm - 8.15pm Adult Lane Swim
8.15pm - 9.00pm Aqua Zumba

FRIDAYS

-
7.30am - 9.30am General Swim *
12Noon - 1.00pm General Swim *
6.30pm - 7.30pm General Swim *
7.30pm - 9.00pm Adult Swim

SATURDAYS

-
7.30am - 8.15am Junior Tri Course
12Noon - 1.00pm General Swim *
1.15pm - 2.00pm Inflatable Swim ** (1st Sat)
1.00pm - 2.00pm Family Fun Swim
2nd, 3rd and 4th Saturdays *

SUNDAYS

-
7.30am - 8.30am Adult Swim
11.15am - 12.15pm Family Fun Swim *
4.30pm - 5.30pm General Swim *
5.30pm - 6.30pm Adult Lessons
6.30pm - 7.30pm Adult Lane Swim
7.30pm - 8.30pm Bramley Mermaids ****

* Suitable for all ages. Under 8s must be supervised in the pool by one adult: two children

** Inflatable Swim: Not suitable for under 5s or non-swimmers

*** Book in advance. E-mail bumpsandbabes@hotmail.co.uk

**** Bramley Mermaids - Block 1: 9 Sep - 21 Oct Block 2: 11 Nov - 2 Dec

FITNESS CLASSES

MONDAY

-
9.15am - 10.00am Core Ball Class
10.00am - 11.00am Zumba Gold
11.00am - 12Noon Zumba Gold
2.00pm - 3.00pm Ballet for Beginners
3.45pm - 4.45pm Little Rascals
(ages 6 - 9)
5.00pm - 6.00pm Northern Rascals (age
9+)
6.00pm - 7.00pm Body Sculpt
7.00pm - 8.00pm Pilates

TUESDAYS

-
9.30am - 11.00am Tai Chi
11.15am - 12 Noon Aqua Zumba (Pool)
6.00pm - 7.00pm Boot Camp
7.00pm - 8.00pm Zumba
7.15pm - 8.00pm Aqua Aerobics (Pool)
8.00pm - 9.00pm Tri BB Training

WEDNESDAYS

-
9.30am - 10.00am Metafit
10.00am - 11.00am Boot Camp
11.00am - 12 Noon Pre & Post Natal
Exercise ***
12.30pm - 1.15pm Pedallers
7.15pm - 8.00pm Aquanatal (Pool) ***

THURSDAYS

-
9.30am - 10.30am Pilates
11.15am - 12Noon Aqua Aerobics (Pool)
11.30am - 12.45pm Hatha Yoga
6.00pm - 6.30pm Metafit
7.00pm - 8.00pm Circuits
8.15pm - 9.00pm Aqua Zumba (Pool)

FRIDAY

-
9.15am - 10.00am Core Ball Class
10.00am - 11.00am Zumba Gold
11.00am - 12Noon Zumba Gold

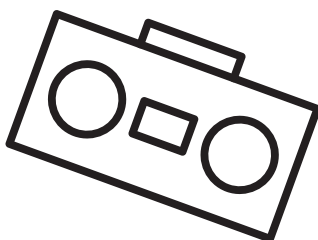
SATURDAY

-
9.00am - 9.30am Metafit
9.30am - 10.30am Zumba Gold
10.30am - 11.15am Creative Dance
(Kids 4-10 yrs)

SUNDAY

-
8.30am - 9.30am Hatha Yoga

*** Book in advance. Email
bumpsandbabes@hotmail.co.uk



GYM OPEN

Monday - Friday 7.30am - 9.00pm
Saturday 7.30am - 2.00pm
Sunday 7.30am - 7.30pm

JUNIOR GYM OPEN

Monday - Friday 4.00pm - 6.00pm
Saturday 7.30am - 2.00pm
Sunday 7.30am - 7.30pm

RUSSIAN STEAM ROOM

MONDAY

-
7.30am - 10.00am Mixed
10.00am - 1.00pm Men Only
1.00pm - 7.00pm Mixed
7.15pm - 9.00pm Women Only

TUESDAYS

-
7.30am - 9.00pm Mixed

WEDNESDAYS

-
7.30am - 10.00am Mixed
10.00am - 3.00pm Women Only
3.00pm - 9.00pm Mixed

THURSDAYS

-
7.30am - 9.00pm Mixed

FRIDAYS

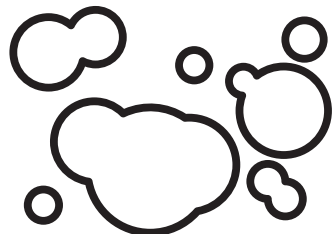
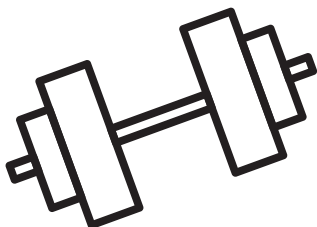
-
7.30am - 10.00am Mixed
10.00am - 1.00pm Men Only
1.00pm - 9.00pm Mixed

SATURDAYS

-
7.30am - 2.00pm Mixed

SUNDAYS

-
7.30am - 7.30pm Mixed



Autumn Activities

MONTHLY SWIM MEMBERSHIP

-

As the dark nights and colder weather close in why not take a dip in the warm waters of Bramley Baths? (and get fit at the same time!). Get unlimited use seven days a week, with no contracts and no joining fee for just £25.50 a month. Pop in for a look around and to find out more.

LITTLE RASCALS

-

Beginners dance classes for children aged 6-9 years. Little Rascals' classes are a fantastic opportunity for youngsters to tap into their creative outlet through a variety of dance games and activities. With a definite focus on developing the participants own individuality, these fun-filled classes build the dancer's technique, skill and confidence. Book in terms. £2.50 per class. Mondays 3.45-4.45pm

NORTHERN RASCALS

-

Beginners dance classes for children aged 9+ Aimed at our older Rascals, these fun classes are set to a score of fantastic music. These high-energy classes look at everything from contemporary technique and floor-work to key performance and devising skills. Book in terms. £2.50 per class. Mondays 5.00-6.00pm

CREATIVE DANCE

-

Create your own dance routines with Creative Dance! A brilliant start to the weekend for kids aged 4-12 years led by Jennie Ashton. Energetic, creative and fun, Creative Dance blends movement, music, improvisation, and basic dance steps while providing an excellent introduction to dance techniques. Students learn dance basics while improving self-expression, confidence, imagination and social development. £2.50 per class. Saturdays 10.30-11.15am

MEET THE MERMAIDS

-

Fancy making a splash with the friendly creative swimming and water dance class? We offer a free pre-class one to one poolside chat at 7.10pm for new starters or returning mermaids to ask any questions, so you don't feel like you've been dropped in at the deep end! Classes start at 7.30pm - more information from reception or e-mail Lucy at lucy@yorkshirlifeaquatic.co.uk.



BRAMLEY BATHS IS A COMMUNITY ENTERPRISE

-

BROAD LANE, BRAMLEY, LEEDS LS13 3DF

-

0113 256 0949 / HELLO@BRAMLEYBATHS.COM

-

BRAMLEYBATHS.COM