

September 2 – 22 December 2019

FITNESS PRICES

Class	£4.65
Class with Bramley Xtra Card	£2.50
Aqua Aerobics/Aqua Zumba	£4.65

We also offer a range of memberships – speak to our reception on 0113 256 0949, call in or e-mail hello@bramleybaths.com for more information.

GYM OPEN

Monday to Friday 7.30pm – 9.00pm
 Saturday 7.30am – 2.00pm
 Sunday 7.30am – 7.15pm

JUNIOR GYM

Monday to Friday 4.00pm – 6.00pm
 Saturday 7.30am – 2.00pm
 Sunday 7.30pm – 7.15pm

NEW: HIIT THE GYM

High Intensity Interval Training in the gym every Tuesday, 8.00pm to 9.00pm with Jennie Ashton.

MONDAY

9.15am – 10.00am Core Ball Class
 10.00am – 11.00am Zumba Gold
 11.00am – 12.00pm 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 – 12noon Aqua Zumba (Pool)
 5.30pm – 6.00pm Metafit
 6.00pm – 7.00pm Boot Camp
 7.00pm – 8.00pm Zumba
 7.15pm – 8.00pm Aqua Aerobics (Pool)
 8.00pm – 9.00pm HIIT The Gym (Gym)

WEDNESDAYS

9.30am – 10.00am Metafit
 10.00am – 1.00am Boot Camp
 11.00am – 12.00pm Pre & Post Natal Exercise*
 1.15pm – 2.30pm Hatha Yoga
 6.00pm – 7.00pm Hatha Yoga
 7.15pm – 8.00pm Aquanatal (Pool)*

THURSDAYS

9.30am – 10.45am Pilates
 10.45am – 12noon Hatha Yoga
 11.15am – 12Noon Aqua Aerobics (Pool)
 12noon – 12.45pm Yoga Nidra
 1.15pm – 2.00pm Gentle Exercise
 6.30pm – 7.00pm Metafit
 7.15pm – 8.15pm Bootcamp
 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

8.45am – 9.30am Bootcamp
 9.30am – 10.30am Zumba Gold
 10.30am – 11.15am Creative Dance (Kids 4-10 yrs)

SUNDAY

8.30am – 9.45am Hatha Yoga
 9.45am – 11.15am Hatha Yoga

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

