

FITNESS PRICES

Class:	£4.65
Class with Bramley Xtra Card:	£2.50
Junior Class:	£2.50

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

NEW

GYM BOOTCAMP with Kal.
 Every Monday, 6pm – 7pm. Workout and fitness in the gym.

GYM WORKOUT with Jennie.
 High-intensity interval training every Tuesday, 8pm – 9pm.

GYM OPEN

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

JUNIOR GYM

Monday to Friday 4.00pm – 6.00pm
Saturday 7.30am – 2.00pm
Sunday 7.30am – 7.30pm
Junior Gym is for ages 14 to 17 only.

SENIOR GYM

Senior Gym Social: Over 55s low impact guided session with Kal on Thursdays 11am – 12 noon, followed by a cup of tea/coffee

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 – 10.30am	Beginners Tai Chi
10.30am – 11.30am	Intermediate Tai Chi
11.15am – 12Noon	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	Yoga for Strength & Conditioning
8.00pm – 9.00pm	Gym Bootcamp (Gym)

WEDNESDAYS

10.00am – 1.00am	Boot Camp
11.00am – 12.00pm	Pre & Post Natal Exercise *
1.15pm – 2.30pm	Hatha Yoga
6.00pm – 7.00pm	Vinyasa 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
6.15pm – 7.15pm	Fitness for Triathlon**
7.15pm – 8.15pm	Bootcamp
7.15pm – 8.00pm	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. E-mail bumpsandbabes@hotmail.co.uk

** Fortnightly session. See website for dates and weekly themes