Temporary Arrangements for Springfield Dance Studio Classes

We are sorry for any inconvenience caused by the temporary closure of the studio while essential maintenance takes place. The team have worked hard to make alternative provision where possible for your classes.

This Timetable has been prepared to inform customers of the planned program changes between Monday 23rd November and Friday 11th December. Please note the timetable may be subject to change and the App will still be the best place to confirm class details.

Classes will be available on the App for booking, but please check App details carefully for relevant information before attending.

Please note: Classes may be moved, cancelled, added temporarily, transferred to another day, or changed in format or start time. The tables below show the complete temporary timetable in chronological order.

Going ahead	Scheduled, including classes with a changed room, format, time, capacity, or temporary addition.
Cancelled	The class will not take place.

Monday 23 November

Time	Class	Status	New location
6:30am	Bodypump	Going ahead — moved room	Blue room
8:00am	Pilates	Going ahead — extra temporary class	M&B studio
9:15am	Fitness Pilates	Going ahead — moved room	Blue room
10:30am	Ambient Stretch	Going ahead — moved room	Blue room
11:30am	Restorative Yoga	Going ahead — extra temporary class	Blue room
11:30am	Yoga	Going ahead — extra temporary class	M&B studio
12:30pm	Les Mills GRIT	Going ahead — moved room	Blue room
5:45pm	Weighted Workout	Going ahead — changed to 30-min Core Conditioning at 5:00pm	M&B studio
6:45pm	Strong Nation	Going ahead — moved room	M&B studio

Tuesday 24 November

Time	Class	Status	New location
6:30am	Bodypump	Going ahead — extra temporary class	Blue room
6:30am	Pilates	Going ahead — extra temporary class	M&B studio
6:45am	Boxfit	**Cancelled**	
8:00am	Fitness Pilates	Going ahead — extra temporary class	Blue room
9:15am	Gentle Pilates	Going ahead — moved room	Blue room
9:30am	Just Dance	Going ahead — moved room	M&B studio
10:30am	Fitness Pilates	**Cancelled**	
11:30am	Everyday Pilates	Going ahead — moved room	M&B studio
12:00pm	Chairfit	Going ahead — starts at 12:30pm	M&B studio
4:15pm	Circuits	Going ahead — changed to 30-min Bodyweight HIIT	M&B studio
5:45pm	Bodypump	**Cancelled**	
7:00pm	Bodycombat	Going ahead — moved room	Blue room
8:00pm	Boxfit	**Cancelled**	

Wednesday 25 November

Time	Class	Status	New location
6:30am	Bodypump	Going ahead — moved room	Blue room
8:00am	HIIT	Going ahead — moved room; capacity increased to 20	Blue room
8:00am	Yoga	Going ahead — extra temporary class	M&B studio
9:30am	Fitness Pilates	Going ahead — moved room	M&B studio
9:30am	Zumba	Going ahead — starts at 9:15am; moved room	Blue room
10:30am	Everyday Pilates	Going ahead — starts at 11:30am; moved room	M&B studio
12:45pm	Gentle Circuits	Going ahead — changed to Chairfit	M&B studio
5:00pm	Core Conditioning	**Cancelled**	
5:45pm	Zumba	**Cancelled**	
7:00pm	Boxfit	**Cancelled**	

Thursday 26 November

Time	Class	Status	New location
6:45am	Boxfit	**Cancelled**	
7:45am	Fitness Pilates	Going ahead — moved room	Blue room
8:00am	Pilates	Going ahead — extra temporary class	M&B studio
9:15am	Fitness Pilates	Going ahead — moved room	Blue room
10:30am	Zumba	Going ahead — moved room	Blue room
11:30am	Sculpt & Tone	Going ahead — extra temporary class	M&B studio
11:30am	Yin Yoga	Going ahead — moved room; capacity increased to 30	Blue room
12:30pm	Yin & Stretch	Going ahead — extra temporary class	M&B studio
2:30pm	Gentle Circuits	Going ahead — changed to Chairfit	M&B studio
5:45pm	Spinning	Going ahead — extra temporary class	Spin Studio
5:45pm	Bodypump	Going ahead — moved to Friday 27 November at 5:45pm	Blue room
7:00pm	Zumba	Going ahead — moved to Friday 27 November at 7:00pm	Blue room

Friday 27 November

Time	Class	Status	New location
6:30am	Bodypump	Going ahead — moved room	Blue room
6:30am	Yoga	Going ahead — extra temporary class	M&B studio
8:00am	Strong Feet	Going ahead — extra temporary class	Blue room
9:15am	Total Tone	Going ahead — moved room	Blue room
10:15am	Ambient Stretch	Going ahead — moved room	Blue room
12:30pm	Gentle Circuits	Going ahead — changed to Chairfit	M&B studio
5:45pm	Boxfit	**Cancelled**	
5:45pm	Bodypump	Going ahead — moved from Thursday 26 November	Blue room
7:00pm	Zumba	Going ahead — moved from Thursday 26 November	Blue room

Saturday 28 November

Time	Class	Status	New location
7:45am	Functional Circuits	Going ahead — changed to 30-min Bodyweight HIIT	M&B studio
8:00am	Zumba	Going ahead — extra temporary class	Blue room
8:45am	Posture Pilates	Going ahead — moved room	M&B studio
9:00am	Bodypump	Going ahead — extra temporary class	Blue room
10:00am	Boxfit	**Cancelled**	
11:30am	Weighted Workout	Going ahead — starts at 11:45am; changed to 30-min Core Conditioning	M&B studio

Sunday 29 November

Time	Class	Status	New location
7:45am	Functional Circuits	Going ahead — changed to 30-min Bodyweight HIIT	Blue room
8:00am	Barre	Going ahead — extra temporary class	M&B studio
9:15am	Bodypump	Going ahead — moved room	Blue room
11:00am	Circuits	Going ahead — starts at 11:15am; changed to 30-min Core Conditioning	M&B studio

Monday 30 November

Time	Class	Status	New location
6:30am	Bodypump	Going ahead — moved room	Blue room
9:15am	Fitness Pilates	Going ahead — moved room	Blue room
10:30am	Ambient Stretch	Going ahead — moved room	Blue room
11:30am	Restorative Yoga	Going ahead — extra temporary class	Blue room
12:30pm	Les Mills GRIT	Going ahead — moved room	Blue room
5:45pm	Weighted Workout	Going ahead — changed to 30-min Core Conditioning at 5:00pm	M&B studio
6:45pm	Strong Nation	Going ahead — moved room	M&B studio

Tuesday 1 December

Time	Class	Status	New location
6:30am	Bodypump	Going ahead — extra temporary class	Blue room
6:45am	Boxfit	**Cancelled**	
9:15am	Gentle Pilates	Going ahead — moved room	Blue room
9:30am	Just Dance	Going ahead — moved room	M&B studio
10:30am	Fitness Pilates	**Cancelled**	
11:30am	Everyday Pilates	Going ahead — moved room	M&B studio
12:00pm	Chairfit	Going ahead — starts at 12:30pm	M&B Studio
4:15pm	Circuits	Going ahead — changed to 30-min Bodyweight HIIT	M&B studio
5:45pm	Bodypump	**Cancelled**	
7:00pm	Bodycombat	**Cancelled**	
8:00pm	Boxfit	**Cancelled**	

Wednesday 2 December

Time	Class	Status	New location
6:30am	Bodypump	Going ahead — moved room	Blue room
8:00am	HIIT	Going ahead — moved room; capacity increased to 20	Blue room
9:30am	Fitness Pilates	Going ahead — moved room	M&B studio
9:30am	Zumba	Going ahead — starts at 9:15am; moved room	Blue room
10:30am	Everyday Pilates	Going ahead — starts at 11:30am; moved room	M&B studio
12:45pm	Gentle Circuits	Going ahead — changed to Chairfit	M&B studio
5:00pm	Core Conditioning	**Cancelled**	
5:45pm	Zumba	**Cancelled**	
7:00pm	Boxfit	**Cancelled**	

Thursday 3 December

Time	Class	Status	New location
6:45am	Boxfit	**Cancelled**	
7:45am	Fitness Pilates	Going ahead — moved room	Blue room
9:15am	Fitness Pilates	Going ahead — starts at 8:15am; moved room	M&B studio
10:30am	Zumba	**Cancelled**	
2:30pm	Gentle Circuits	Going ahead — changed to Chairfit	M&B studio
5:45pm	Spinning	Going ahead — extra temporary class	Spin studio
5:45pm	Bodypump	Going ahead — moved to Friday 4 December at 5:45pm	Blue room
7:00pm	Zumba	Going ahead — moved to Friday 4 December at 7:00pm	Blue room

Friday 4 December

Time	Class	Status	New location
6:30am	Bodypump	Going ahead — moved room	Blue room
9:15am	Total Tone	Going ahead — moved room	Blue room
10:15am	Ambient Stretch	Going ahead — moved room	Blue room
12:30pm	Gentle Circuits	Going ahead — changed to Chairfit	M&B studio
5:45pm	Boxfit	**Cancelled**	
5:45pm	Bodypump	Going ahead — moved from Thursday 3 December	Blue room
7:00pm	Zumba	Going ahead — moved from Thursday 3 December	Blue room

Saturday 5 December

Time	Class	Status	New location
7:45am	Functional Circuits	Going ahead — changed to 30-min Bodyweight HIIT	M&B studio
8:00am	Yoga	Going ahead — extra temporary class	Blue room
8:45am	Posture Pilates	Going ahead — moved room	M&B studio
9:00am	Bodypump	Going ahead — extra temporary class	Blue room
10:00am	Boxfit	**Cancelled**	
11:30am	Weighted Workout	Going ahead — starts at 11:45am; changed to 30-min Core Conditioning	M&B studio

Sunday 6 December

Time	Class	Status	New location
7:45am	Functional Circuits	Going ahead — changed to 30-min Bodyweight HIIT	M&B studio
08:00am	Barre	Going ahead - extra temporary class	M&B studio
9:15am	Bodypump	Going ahead — moved room	Blue room
11:00am	Circuits	Going ahead — starts at 11:15am; changed to 30-min Core Conditioning	M&B studio

Monday 7 December

Time	Class	Status	New location
6:30am	Bodypump	Going ahead — moved room	Blue room
9:15am	Fitness Pilates	Going ahead — starts at 8:15am; moved room	M&B studio
10:30am	Ambient Stretch	Going ahead — starts at 11:30am; moved room	M&B studio
12:30pm	Les Mills GRIT	Going ahead — moved room	M&B studio
5:45pm	Weighted Workout	Going ahead — changed to 30-min Core Conditioning at 5:00pm	M&B studio
6:45pm	Strong Nation	Going ahead — moved room	M&B studio

Tuesday 8 December

Time	Class	Status	New location
6:30am	Bodypump	Going ahead — extra temporary class	Blue room
6:45am	Boxfit	**Cancelled**	
9:15am	Gentle Pilates	Going ahead — moved room	Blue room
9:30am	Just Dance	Going ahead — moved room	M&B studio
10:30am	Fitness Pilates	**Cancelled**	
11:30am	Everyday Pilates	Going ahead — moved room	M&B studio
12:00pm	Chairfit	Going ahead — starts at 12:30pm	M&B Studio
4:15pm	Circuits	Going ahead — changed to 30-min Bodyweight HIIT	M&B studio
5:45pm	Bodypump	**Cancelled**	
7:00pm	Bodycombat	Going ahead — moved room	Blue room
8:00pm	Boxfit	**Cancelled**	

Wednesday 9 December

Time	Class	Status	New location
6:30am	Bodypump	Going ahead — moved room	Blue room
8:00am	HIIT	Going ahead — moved room	Blue room
9:30am	Fitness Pilates	Going ahead — moved room	M&B studio
9:30am	Zumba	Going ahead — starts at 9:15am; moved room	Blue room
10:30am	Everyday Pilates	Going ahead — starts at 11:30am; moved room	M&B studio
12:45pm	Gentle Circuits	Going ahead — changed to Chairfit	M&B studio
5:00pm	Core Conditioning	**Cancelled**	
5:45pm	Zumba	**Cancelled**	
7:00pm	Boxfit	**Cancelled**	

Thursday 10 December

Time	Class	Status	New location
6:45am	Boxfit	**Cancelled**	
7:45am	Fitness Pilates	Going ahead — moved room	Blue room
9:15am	Fitness Pilates	Going ahead — starts at 8:15am; moved room	M&B studio
10:30am	Zumba	**Cancelled**	
2:30pm	Gentle Circuits	Going ahead — changed to Chairfit	M&B studio
5:45pm	Spinning	Going ahead — extra temporary class	Spin studio
5:45pm	Bodypump	Going ahead — moved to Friday 11 December at 5:45pm	Blue room
7:00pm	Zumba	Going ahead — moved to Friday 11 December at 7:00pm	Blue room

Friday 11 December

Time	Class	Status	New location
6:30am	Bodypump	Going ahead — moved room	Blue room
9:15am	Total Tone	Going ahead — moved room	Blue room
10:15am	Ambient Stretch	Going ahead — moved room	Blue room
12:30pm	Gentle Circuits	Going ahead — changed to Chairfit	M&B studio
5:45pm	Boxfit	**Cancelled**	
5:45pm	Bodypump	Going ahead — moved from Thursday 10 December	Blue room
7:00pm	Zumba	Going ahead — moved from Thursday 10 December	Blue room

Please check the timetable carefully before attending. We apologise for any disruption caused by the studio works.