



SBL Sports Centre

Group Exercise Timetable 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					Bootcamp 09:15 – 10:00 Vicky	Boot Camp 09:00– 10:00 Various
					CycleFit 10:15 – 11:00 Vicky	Cycle-Fit 09:00-09:45 Mel
					Yoga 10:15 – 11:15 Kelly	Karate 10:00 – 11:30 Colin
						Body Balance 10:00 – 10:45 Mel
Sparta 18:00 – 19:00 Brad	CoreFit 18:00 – 18:45 Vicky	Express CycleFit 18:15 – 18:45 Sarah	Circuits/Bootcamp 18:30 – 19:15 Morgan	Body Pump 17:15 – 18:15 Vicky		
ProCycle 18:15 – 18:45 Sarah	Express CycleFit 18:15 – 18:45 Brad	Resistance Training 18:30 – 19:15 Morgan	Body Pump 19:15 – 20:15 Vicky	Express CycleFit 18:00 – 18:30 Morgan		
CycleFit 19:00 – 19:45 Sarah	CycleFit 19:00 – 19:45 Vicky	BarreX 18:30 – 19:30 Alex & Chaz	CycleFit 19:30 – 20:15 Graham	Resistance Training 18:30 – 19:15 Morgan		
KettleBells 19:15 – 20:00 Brad	H.I.I.T 19:00 – 19:45 Brad	CycleFit 19:00 – 19:145 Sarah	Pilates 19:30 - 20:30 Emily			
Box-Fit 20:00 – 20:45 Tim	Yoga 20:00 – 21:00 Kelly	H.I.I.T 19:30 – 20:15 Brad				
FitSteps 20:00 – 21:00 Amy		Zumba 19:30 – 20:30 Chaz				
		Karate 19:30 – 21:00 Colin				
		Body Balance 20:15 – 21:00 Mel				

FOR MORE INFORMATION
VISIT RECEPTION | T: 0117 4565910
E: SBLSPORTS@SBLONLINE.ORG.UK

