

SBL Sports Centre Group Exercise Timetable –2019

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
Morning Classes						Bootcamp 09:15 – 10:00 Vicky	Boot Camp 09:00– 10:00 Various
						CycleFit 10:15 – 11:00 Vicky	Karate 10:00 – 11:30 Colin
						Yoga 10:15 – 11:15 Kelly	
Evening Classes	Sparta 18:00 – 19:00 Brad	CoreFit 18:00 – 18:45 Vicky	Express CycleFit 18:15 – 18:45 Sarah	Circuits 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				
			BodyBalance 20:15 – 21:00 Mel				

FOR MORE INFORMATION
VISIT RECEPTION OR T: 01454 868 158
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