



Group Exercise Class Timetable

01.09.2020-30.09.2020

SBL Sports Centre

Day	Time	Class	Instructor
Monday	18:00-18:45	Cycle Fit	Brad
Monday	19:00-19:45	Kettlebells	Brad
Tuesday	18:00-18:45	HIIT	Brad
Tuesday	19:00-19:45	Cycle Fit	Brad
Wednesday	18:00-18:45	Cycle Fit	Brad
Wednesday	19:00-19:45	Circuits	Brad
Thursday	18:00-18:45	Cycle Fit	Brad
Thursday	19:00-19:45	Les Mills Body Balance	Mel
Friday	17:00-17:45	Les Mills Body Pump	Vicky
Friday	18:00-18:45	Cycle Fit	Brad
Saturday	09:00-09:45	Cycle Fit	Vicky
Sunday	09:00-09:45	Les Mills Body Pump	Vicky

Wellsway Sports Centre

Day	Time	Class	Instructor
Monday	18:00-18:45	Les Mills Body Pump	Chris
Monday	19:00-19:45	Les Mills Body Balance	Chris
Tuesday	18:00-18:45	Pilates	Pru
Tuesday	19:00-19:45	Studio Cycling	Morgan
Wednesday	18:00-18:45	Les Mills Body Pump	Vicky
Wednesday	19:00-19:45	Studio Cycling	Morgan
Thursday	18:00-18:45	Studio Cycling	Morgan
Thursday	19:00-19:45	Bootcamp	Rhys
Friday	18:00-18:45	Studio Cycling	Morgan
Saturday	09:00-09:45	Studio Cycling	Pru
Sunday	09:00-10:00	Yoga	Pauline



- Please pre-book classes online at www.sportwellsway.com or www.sblsports.co.uk. Email or call us if you have trouble accessing your online account
- Members can attend either site as part of your membership
- Non members please call us on 0117 456 5910 or 0117 916 1034 to book
- If you do not pre-book we cannot guarantee there will be space
- Please practice social distancing and wipe down equipment before and after use
- We are currently operating as cashless; any payments must be via card
- Please come ready for exercise – the changing rooms will be closed
- Please follow all other safety measures we have put in place.