

## SBL Sports Centre Group Exercise Timetable –2018/19

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
<b><u>Morning Classes</u></b>						<b>Bootcamp</b> 09:15 – 10:00	<b>Boot Camp</b> 09:00– 10:00
						<b>CycleFit</b> 10:15 – 11:00	<b>Karate</b> 10:00 – 11:30
						<b>Yoga</b> 10:15 – 11:15	
<b><u>Evening Classes</u></b>	<b>Sparta</b> 18:00 – 19:00	<b>CoreFit</b> 18:00 – 18:45	<b>Express CycleFit</b> 18:15 – 18:45	<b>Circuits</b> 18:30 – 19:15	<b>Body Pump</b> 17:15 – 18:15		
	<b>ProCycle</b> 18:15 – 18:45	<b>Express CycleFit</b> 18:15 – 18:45	<b>Resistance Training</b> 18:30 – 19:15	<b>Body Pump</b> 19:15 – 20:15	<b>Express CycleFit</b> 18:00 – 18:30		
	<b>CycleFit</b> 19:00 – 19:45	<b>CycleFit</b> 19:00 – 19:45	<b>BarreX</b> 18:30 – 19:30	<b>CycleFit</b> 19:30 – 20:15	<b>Resistance Training</b> 18:30 – 19:15		
	<b>KettleBells</b> 19:15 – 20:00	<b>H.I.I.T</b> 19:00 – 19:45	<b>CycleFit</b> 19:00 – 19:145	<b>Pilates</b> 19:30 - 20:30			
	<b>Box-Fit</b> 20:00 – 20:45	<b>Yoga</b> 20:00 – 21:00	<b>H.I.I.T</b> 19:30 – 20:15				
	<b>FitSteps</b> 20:00 – 21:00		<b>Zumba</b> 19:30 – 20:30				
			<b>Karate</b> 19:30 – 21:00				
			<b>BodyBalance</b> 20:15 – 21:00				

**FOR MORE INFORMATION**

VISIT RECEPTION OR T: 01454 868 158

W: [WWW.SBLSPORTS.CO.UK](http://WWW.SBLSPORTS.CO.UK)

