



Group Exercise Class Timetable

SBL Sports Centre

Day	Time	Class	Instructor
Monday	18:00 –18:30	Express Cycle Fit	Sarah (spin studio)
Monday	18:00-18:45	Les Mills Body Pump	Vicky (dance studio)
Monday	18:45-19:30	Cycle Fit	Sarah (spin studio)
Monday	20:00-21:00	Box-Fit	Tim (dance studio)
Tuesday	18:00-18:45	Cycle Fit	Brad (spin studio)
Tuesday	19:00-19:45	HIIT	Brad (gym studio)
Tuesday	20:00-21:00	Yoga	Kelly (dance studio)
Wednesday	18:00-18:30	Express Cycle Fit	Sarah (spin studio)
Wednesday	18:30-19:15	Resistance	Morgan (gym studio)
Wednesday	18:30-19:15	BarreX	Chaz&Alex(dance studio)
Wednesday	18:45-19:30	Cycle Fit	Sarah (spin studio)
Wednesday	19:30-20:15	Kettlebells	Brad (gym studio)
Wednesday	19:25-20:15	Dance Fit	Chaz (dance studio)
Thursday	18:15-18:45	Express Cycle Fit	Brad (spin studio)
Thursday	19:00-19:45	Cycle Fit	Graham (spin studio)
Thursday	19:00-19:45	Body Movement	Mel (conference room)
Thursday	19:15-20:00	Core	Vicky (gym studio)
Thursday	20:00-20:45	Les Mills Body Balance	Mel (gym studio)
Friday	17:15-18:15	Les Mills Body Pump	Vicky (dance studio)
Friday	18:00-18:30	Express Cycle Fit	Morgan (spin studio)
Friday	18:30-19:15	Resistance	Morgan (dance studio)
Saturday	09:00-09:45	Bootycamp	Vicky (dance studio)
Saturday	10:00-10:45	Cycle Fit	Vicky (spin studio)
Saturday	10:00-11:00	Yoga	Kelly (dance studio)
Sunday	09:00-09:45	Les Mills Body Pump	Mel (dance studio)
Sunday	10:00-10:45	Les Mills Body Balance	Mel (gym studio)

Info

- 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
- Any payments must be via card