



Group Exercise Class Timetable

From the week commencing 13/09/2021

SBL Sports Centre

Day	Time	Class	Instructor
Monday	18:00 – 18:30*	Express Cycle Fit	Sarah (spin studio)
Monday	18:45-19:30*	Cycle Fit	Sarah (spin studio)
Monday	18:00-18:45	Les Mills Body Pump	Vicky (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	18:45-19:30*	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	19:30-20:15	Kettlebells	Brad (gym studio)
Wednesday	19:15-20:15	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	19:15-20:00	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)

*starting w/c 20th September. W/c 13th Sept there will be one cycle-fit class 1800-1845 on Monday and Wednesday.

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



- 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.