SBFITNESS
LADIES GYM

LIMITED TIME OFFER!!!

WE HAVE SLASHED THE PRICES UNTIL 1st Jan 2027

£39: 8 SESSIONS / £55: 16 SESSIONS

MON	TUES	WED	THURS
	6:00am - 6:40am 6am Strength Club		6:00am - 6:40am 6am Strength Club
9:30am - 10:20am Strong to Sweat	9:30am - 10:20am Upper body Conditioning	9:30am -10:20pm Legs & Booty	9:30am - 10:20am FitMix Circuits
6:00pm - 6:50pm Boxercise or Strength	6:00pm - 6:50pm Booty Sculpt	6:00pm - 6:50pm Strength Training	6:00pm - 6:50pm FitMix Circuits

FRI	SAT	SUN	PT'S
9:30am - 10:20am Boxercise or Strength	8:30am to 9:20am Hyrox or Strength alternating weeks… Barbell beats	9:45am - 10:30am 1.Boxercise 2.Fitmix Circuits 3.Legs & Booty 4.Upper Body	30 mins £25 45 mins £35 60 mins £45 2 Sharing: £20 each (60mins)
6:00pm - 6:50pm Lift Like a Lady	9:30am - 10:30am Step Aerobics (£5 AT THE DOOR MEMBERSHIP NOT INCLUDED)	alternates each week	PLEASE CONTACT TO JOIN: SMALL GROUP STRENGTH CLUB (£15 A SESSION)

WWW.SBFITNESSGYM.CO.UK

LEARNING LANE, TEESVILLE, MIDDLESBROUGH TS6 0BE