



SB FITNESS

LADIES ONLY GYM SESSIONS



TIMETABLE

MON

9:30am - 10:20am

Core & More

Alternating weeks with

Punch or Power!

(Boxercise or Strength)

5:45pm - 6:15pm

Step Aerobics

6:20pm - 7:05pm

BoxFit

Boxercise, Cardio, Strength

TUES

6:00am - 6:40am

Early Morning Strength

9:30am - 10:30am

**Upper body
Conditioning**

5:45pm - 6:30pm

Booty Sculpt

6:35pm - 7:10pm

**Upper Body
Conditioning**

WED

9:30am - 10:15pm

Legs & Booty

6:00pm - 6:15pm

FREE! Ab Blast!

6:15pm - 7:00pm

Strength Training

THURS

6:00am - 6:40am

Early Morning Strength

9:30am - 10:15am

FitMix

Circuit style session

6:00pm - 6:50pm

FitMix

Circuit Style session

once every 3 weekly...

6:00pm - 6:50pm

PILATES

11th JUNE

FRI

9:30am - 10:15am

Punch or Power!

(Boxercise or Strength)

5:45pm - 6:30pm

Strength Training

ALTERNATING WEEKS...

5:45pm - 6:15pm

Strength Circuit

SAT

8:00am - 8:45

Punch or Power!

OR FitMix

8:45am - 9:00am

FREE! Ab Blast!

9:30am

PAY ON THE DOOR £5

STEP AEROBICS!

MESSAGE TO PUT NAME DOWN

SUN

9:00am - 9:45am

FitMix

(Circuit style)

OR

Barbell Beats

PT SESSIONS

121 - 30 mins £25

121 - 45 mins £30

121 - 60 mins £40

2 Sharing (60 mins)

£25 each

3 to 6 Sharing

£15 per person

(Message for availability)



WWW.SBFITNESSGYM.CO.UK

LEARNING LANE, TEESVILLE, MIDDLESBROUGH TS6 0BE