



SB FITNESS

LADIES ONLY GYM SESSIONS



MON

TUES

WED

THURS

6:00am - 6:40am
STRENGTH TRAINING

9:30am - 10:30am
UPPER BODY
SCULPT & TONE

5:45pm - 6:20pm
BOOTY
LIFT, TIGHTEN & TONE

6:30pm - 7:15pm
HYROX CIRCUIT

9:30am - 10:30am
LEGS & BOOTY
STRENGTH TRAINING

5:45pm - 6:15pm
AB BLAST!

6:15pm - 7:00pm
STRENGTH TRAINING

6:00am - 6:40am
STRENGTH TRAINING

9:30am - 10:15am
SIZZLIN' CIRCUITS

5:45pm - 6:30pm
BANGIN' BOXERCISE

6:30pm - 7:15pm
CORE & STRENGTH
TRAINING

once every 3 weekly...

6:00pm - 6:50pm
PILATES
5TH FEB, 26TH FEB

9:30am - 10:30am
CORE & STRENGTH
TRAINING SESSION

5:45pm - 6:15pm
STEP AEROBICS

6:20pm - 7:05pm
BOXFIT
HALF STRENGTH / HALF BOXING

FRI

SAT

SUN

PT SESSIONS

9:30am - 10:15am
BOXERCISE OR
STRENGTH

5:45pm - 6:15pm
STEP AEROBICS

6:15pm - 7:00pm
LEGS & BOOTY
STRENGTH TRAINING

ALTERNATING WEEKS...

5:45pm - 6:15pm
DANCERCISE

6:15pm - 7:00pm
UPPER BODY
SCULPT & TONE

8:15am - 9:00pm
SIZZLIN' CIRCUIT

9:00am - 9:30am
AB BLAST!

9:00am - 9:45am
STRENGTH TRAINING

9:50am - 10:30am
HYROX CIRCUIT

121 - 30 mins £25
121 - 45 mins £30
121 - 60 mins £35

2 Sharing (60 mins)
£20 each

4 Sharing (60 mins)
£14 each

(Message for availability)



WWW.SBFITNESSGYM.CO.UK

LEARNING LANE, TEESVILLE, NORMANBY, MIDDLESBROUGH TS6 0DD