



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 Sculpt

5:45pm - 6:30pm
Upper Body Sculpt
OR...

5:45pm - 6:30pm
Booty Sculpt

WED

9:30am - 10:30am
Legs & Booty

10:30am - 11:00am
FREE Starter session

5:45pm - 6:15pm
Abs-olutely CORE

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

FRI

9:30am - 10:15am
Punch or Power!
(Boxercise or Strength)

5:45pm - 6:30pm
Train YOUR way
(Cardio OR Strength option)

ALTERNATING WEEKS...

5:45pm - 6:15pm
Upper Body Sculpt

SAT

8:15am - 9:00pm
Barbell Beats
OR
FitMix
(Circuit style)

9:00am - 9:30am
Abs-olutely CORE

SUN

9:00am - 9:45am
FitMix
(Circuit style)
OR
Barbell Beats

PT SESSIONS

¹
121 - 30 mins £25
121 - 45 mins £30
121 - 60 mins £35

2 Sharing (60 mins)
£25 each

4 Sharing (60 mins)
£15 per person

(Message for availability)



WWW.SBFITNESSGYM.CO.UK

LEARNING LANE, TEESVILLE, MIDDLESBROUGH TS6 0BE