



# SBFITNESS

LADIES ONLY GYM SESSIONS



## JANUARY

### MON

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

**5:45pm - 6:15pm**  
**STEP AEROBICS**

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

### TUES

**6:00am - 6:40am**  
**STRENGTH**  
**TRAINING**

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

**5:45pm - 6:20pm**  
**HYROX!**

**6:30pm - 7:15pm**  
**BOOTY**  
**LIFT, TIGHTEN & TONE**

### WED

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

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

**6:15pm - 7:00pm**  
**STRENGTH TRAINING**

### THURS

**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**

**6:00pm - 6:50pm**  
**PILATES**

**15<sup>TH</sup> JAN, 5<sup>TH</sup> FEB, 26<sup>TH</sup> FEB**  
**19<sup>TH</sup> MARCH**

### FRI

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

**5:45pm - 6:15pm**  
**5000 Steps**

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

OR ALTERNATING WEEKS...

**5:45pm - 6:15pm**  
**DANCERCISE**

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

### SAT

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

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

### SUN

**9:00am - 9:30am**  
**HYROX CIRCUIT**

**9:30am - 10:15am**  
**STRENGTH TRAINING**

### PT SESSIONS

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

**2 Sharing (60 mins)**  
**£20 each**

**SMALL GROUP**  
**BEGINNERS PROGRAMME**

- 4 WEEKS
- 4-6 MAX

**MON & THURS**  
**@ 6:45PM**



**WWW.SBFITNESSGYM.CO.UK**

LEARNING LANE, TEESVILLE, NORMANBY, MIDDLESBROUGH TS6 0DD