



SB FITNESS

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
15TH JAN, 5TH FEB, 26TH FEB
19TH 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