



NEW! LADIES ONLY GYM

MON

9:15am - 9:45am
Lift like a lady
(learn how to get lean!)

9:50am - 10:20am
Boxercise
(Boxercise or Strength)

5:30pm SGTC
(SMALL GROUP STRENGTH CLUB)

5:45pm - 6:15pm
Step Aerobics

6:20pm - 7:05pm
Box or Strength
(Boxercise or Strength)

TUES

6:00am - 6:40am
Early Morning Strength

9:30am - 10:20am
Upper body
Conditioning

6:00pm - 6:55pm
Booty Sculpt

WED

9:30am - 10:20pm
Legs & Booty
(Sculpt & Shape)

5pm SGTC
(SMALL GROUP STRENGTH CLUB)

6:00pm - 6:15pm
FREE! Ab Blast!

6:15pm - 7:00pm
Strength Training

THURS

6:00am - 6:40am
Early Morning Strength

9:30am - 10:20am
FitMix
Circuit style session

6:00pm - 6:50pm
FitMix
once every 3 weekly...
6:00pm PILATES

10am SGTC
(SMALL GROUP STRENGTH CLUB)

FRI

9:30am - 10:20am
Punch or Power!
(Boxercise or Strength)

5:45pm - 6:30pm
Lift Like a Lady

ALTERNATING WEEKS...

5:45pm - 6:15pm
Strength Circuit

SAT

8:00am - 8:50am
Box or Strength
(Boxercise or Strength)

9:00am - 9:50am
Boxercise Club
£5 a session
Every other week

10am SGTC
(SMALL GROUP STRENGTH CLUB)

SUN

9:45am - 10:30am
FitMix
(Circuit style)
OR
Barbell Beats

PT SESSIONS

30 mins £25
45 mins £35
60 mins £40
2 Sharing:
£20 each (60mins)

PLEASE CONTACT TO JOIN:
SMALL GROUP
STRENGTH CLUB
(£15 A SESSION)



WWW.SBFITNESSGYM.CO.UK

LEARNING LANE, TEESVILLE, MIDDLESBROUGH TS6 0BE