



Group Exercise Class Timetable

12.10.20 onwards

SBL Sports Centre

Day	Time	Class	Instructor
Monday	18:00-18:45	Cycle Fit	Sarah (spin studio)
Monday	18:00-18:45	Sparta	Brad (dance studio)
Monday	19:15-20:00	Kettlebells	Brad (gym studio)
Tuesday	18:00-18:45	HIIT	Brad (dance studio)
Tuesday	19:00-19:45	Cycle Fit	Brad (spin studio)
Wednesday	18:00-18:45	Cycle Fit	Sarah (spin studio)
Wednesday	19:00-19:45	Circuits	Brad (dance studio)
Wednesday	19:15-20:00	Dance Fit	Chaz (gym studio)
Thursday	18:00-18:45	Cycle Fit	Brad (spin studio)
Thursday	19:15-20:00	Les Mills Body Balance	Mel (gym studio)
Thursday	19:15-20:00	HIIT	Brad (dance studio)
Friday	17:00-17:45	Les Mills Body Pump	Vicky (spin studio)
Friday	18:00-18:45	Cycle Fit	Brad (spin studio)
Saturday	09:00-09:45	Cycle Fit	Vicky (spin studio)
Sunday	09:00-09:45	Les Mills Body Pump	Vicky (dance studio)

Wellsway Sports Centre

Day	Time	Class	Instructor
Monday	18:30-19:15	Les Mills Body Pump	Chris
Monday	19:30-20:00	Les Mills Body Balance	Chris
Tuesday	18:00-18:45	Pilates	Pru
Tuesday	19:00-19:45	Studio Cycling	Morgan
Tuesday	20:00-20:45	HIIT	Rhys
Wednesday	18:00-18:45	Les Mills Body Pump	Vicky
Wednesday	19:00-19:45	Studio Cycling	Morgan
Thursday	18:00-18:45	Studio Cycling	Morgan
Thursday	19:00-19:45	Bootcamp	Rhys
Friday	18:00-18:45	Studio Cycling	Morgan



Saturday	09:00-09:45	Studio Cycling	Pru
Sunday	09:00-10:00	Yoga	Pauline

- Please pre-book classes online at www.sportwellsway.com or www.sblsports.co.uk. Email or call us if you have trouble accessing your online account
- Members can attend either site as part of your membership
- Non members please call us on 0117 456 5910 or 0117 916 1034 to book
- If you do not pre-book we cannot guarantee there will be space
- Please practice social distancing and wipe down equipment before and after use
- We are currently operating as cashless; any payments must be via card
- Please come ready for exercise – the changing rooms will be closed
- Please follow all other safety measures we have put in place.