



Group Exercise Class Timetable

From the week commencing 03/01/2022

Wellsway Sports Centre

Day	Time	Class	Instructor
Monday	18:40-19:25	Les Mills Body Pump	Chris
Monday	19:30-20:15	Les Mills Body Balance	Chris
Tuesday	17:30-18:15	HIIT and Legs	Rhys
Tuesday	18:20-19:05	Pilates	Pru
Tuesday	19:15-20:00	Studio Cycling	Morgan
Wednesday	18:00-18:45	Les Mills Body Pump	Vicky
Wednesday	19:00-19:45	Studio Cycling	Vicky
Thursday	17:30-18:00	Studio Cycling	Morgan
Thursday	18:30-19:30	Bootcamp	Rhys
Friday	No Classes		
Saturday	09:00-09:45	Studio Cycling	Pru
Sunday	09:00-10:00	Yoga	Jenny / Kelly

- 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.