

Fitness Timetable 2021 (starting 17th May)

Group Fitness Timetable

Monday	07.30 - 08.15 Spin (Studio 2)	7.30 - 8.15 Bootcamp (Studio 1)	12.30 - 13.15 Indoor Cardio (Studio 1)	12.30 - 13.15 Spin (Studio 2)	17.30 - 18.15 Spin (Studio 2)	19.00 - 19.45 Body Attack (Studio 1)	17.30 - 18.15 Yoga (Studio 1)
Tuesday	07.30 - 08.15 Spin (Studio 2)	7.30 - 08.15 LBT (Studio 1)	12.30 - 13.15 Body Pump (Studio 1)	12.30 - 13.15 Spin (Studio 2)	17.30 - 18.15 LBT (Studio 1)	19.00 - 19.45 Yoga (Studio 1)	19.30 - 20.15 Spin (Studio 2)
Wednesday	07.30 - 08.15 Spin (Studio 2)	07.30 - 08.15 Yoga (Studio 1)	12.00 - 12.45 GRIT Strength (Studio 1)	12.30 - 13.15 Spin (Studio 2)	17.30 - 18.15 Body Attack (Studio 1)	17.30 - 18.15 Spin (Studio 2)	19.00 - 19.45 Zumba (Studio 1)
Thursday	07.30 - 08.15 Spin (Studio 2)	07.30 - 8.15 Bootcamp (Studio 1)	17.00 - 17.45 Zumba Tone (Studio 1)	12.30 - 13.15 Spin (Studio 2)	17.00 - 17.45 LBT (Studio 1)	19.30 - 20.15 Spin (Studio 2)	
Friday	07.30 - 08.15 Spin (Studio 2)	07.30 - 08.15 Yoga (Studio 1)	12.30 - 13.15 Body Pump (Studio 1)	12.30 - 13.15 Spin (Studio 2)	17.00 - 17.45 Zumba (Studio 1)	18.00 - 18.45 Dance Fit (Studio 1)	
Saturday	09.00 - 09.45 Spin (Studio 2)	09.30 - 10.15 Body Pump (Studio 1)	10.00 - 10.45 Spin (Studio 2)	10.30 - 11.45 Yoga (Studio 1)	11.00 - 11.45 Spin (Studio 2)		
Sunday	09.00 - 09.45 Spin (Studio 2)	09.30 - 10.15 Yoga (Studio 1)	10.00 - 10.45 Spin (Studio 2)	10.30 - 11.15 Body Attack (Studio 1)	11.00 - 11.45 Spin (Studio 2)		

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Circuit / High Intensity interval

Dance Based Fitness

Aerobic & toning workouts

Indoor cycling

Low Impact Well Being

LES MILLS

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Sport Sheffield reserves the right to amend times and withdraw products
Instructors for each class may change due to availability