



CLASS TIMETABLE 2019

ENDURANCE STRENGTH AND TONE ENDURANCE AND TONE STRETCH AND RELAXATION



MON	6:45AM-7:15AM TABATA	9AM - 10AM D.A.WS GYM FLOOR BEGINNERS*	9:30AM - 10:15AM BODY TONE			5:30PM - 6:10PM INDOOR CYCLING	6:20PM - 7:00PM INDOOR CYCLING	6:00PM - 6:45PM BOXERCISE	7:00PM - 8:00PM ZUMBA	7:15PM - 8:00PM HIIT	8:30PM - 9:30PM PILATES
TUES	6.45AM - 7.15AM HIIT	9.30AM - 10AM KETTLEBELLS		11.30AM - 12.30PM D.A.WS STRETCH & MOBILITY*		5.30PM - 6.15PM BODYTONE	6.30PM - 7.15PM INDOOR CYCLING	6:30PM - 7:10PM STUDIO CIRCUIT	7:20PM - 8:00PM BOXERCISE	8.00PM - 9.00PM POWER YOGA	
WEDS	6:45PM - 7:15PM BOXERCISE	7:30AM - 8:30AM YOGALATES	9:30AM - 10:15AM INDOOR CYCLING	10.30AM - 11.30AM D.A.W'S SILVER CIRCUIT*			6.00PM - 6:45PM INDOOR CYCLING	6.15PM - 7PM LBT	7PM - 8PM ZUMBA	8.00PM - 9.00PM POWER YOGA	
THURS	6.45AM - 7.15AM HIIT	9:15AM - 10:15AM PILATES	10.15AM - 11.15AM ZUMBA				5:30PM - 6:15PM INDOOR CYCLING	6.00PM - 6:45PM STUDIO CIRCUIT	6:50PM - 7:15PM CORE	7.20PM - 8.05PM SGP PUMP	
FRI	6.35AM - 7.15AM INDOOR CYCLING		9.30AM - 10.30PM D.A.WS STRETCH & MOBILITY*	10.45AM - 11.30AM BOXERCISE		5.30PM - 6PM BODYTONE	6.15PM - 7PM SPIN				
SAT	9AM - 9.45AM INDOOR CYCLING	9:55AM - 10:25AM CORE	10.30AM - 11AM KETTLEBELLS	11.30AM - 12.15PM HIIT							
SUN	10AM - 10.45AM INDOOR CYCLING	11.15AM - 11.45AM HIIT	12PM - 12.30PM KETTLEBELLS								

*OPEN TO ALL GYM MEMBERS

VIRTUAL INSTRUCTOR CLASSES AVAILABLE ASK FOR DETAILS!

LOG ON TO BOOK YOUR CLASS UP TO 6 DAYS IN ADVANCE!



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SGP Westfield at Isobel Bowler Sports Ground, Moss Way, Sheffield, S20 8FA.

We are keen to get your feedback on our range of classes before we launch the final schedule please email info@sgpwestfield.com