



Unit 4 Flora Street Retail
Park, 2 Flora Street,
Sheffield, S6 2BF

7-30am		9-9:30AM	9:30-10AM	10-10:30AM
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Mon	BXF Spin Kyle			BXF KB kyle	BXF HIIT Kyle
Tue	BXF HIIT Kyle			BXF Boxing Kyle	BXF Core Kyle
Wed	BXF KB Kyle			BXF HIIT Kyle	BXF Spin Kyle
Thur	BXF HIIT Adam			BXF Spin Adam	BXF KB Adam
Fri	BXF Core Dave			BXF KB Dave	BXF Boxing Dave
Sat			BXF KB Sam	BXF Boxing Sam	BXF Core Sam
Sun			BXF Spin Sam	BXF HIIT Sam	BXF Core Sam

5:30 -6PM	6pm -6:30PM	7PM-7:30PM
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BXF Spin Dave / Will	BXF Boxing Dave / Will	BXF Core Dave / Will	
BXF KB Sam/John	BXF HIIT Sam / John	BXF Boxing Sam/John	
BXF Boxing Dave/John	BXF KB Dave/John	BXF Spin Dave/John	
BXF HIIT John/Will	BXF Core John/Will	BXF KB John/Will	
	BXF HIIT & Core Sam		

BE X FITNESS

	6.45-7.30am	8-8.30am	9-9.30am	10-10.30am	11-11.30am	12-12.45pm
MON	Annihilator	Annihilator	Chaos Theory	Mepsting	Annihilator	Chaos Theory
TUE	Calibrator	Calibrator	Chillanator	Recuperator	Chaos Theory	Annihilator
WED	Chaos Theory	Annihilator	Chaos Theory	Mepsting	Annihilator	Chaos Theory
THU	Chillanator	Calibrator	Chillanator	Recuperator	Chaos Theory	Annihilator
FRI	Mepsting	Annihilator	Chaos Theory	Mepsting	Annihilator	Chaos Theory
SAT		Calibrator	Chaos Theory	Recuperator	Annihilator	Annihilator
SUN		Annihilator	Chillanator	Mepsting	Chaos Theory	Chaos Theory

15-15.30pm	16-16.30pm	17-17.30pm	18-18.30pm	19-19.30pm	20-20.30pm
Annihilator	Recuperator	D-Zone	Annihilator	Mepsting	Annihilator
Mepanator	Mepanator	D-Zone	Calibrator	Mepanator	Calibrator
Annihilator	Recuperator	D-Zone	Annihilator	Mepsting	Chaos Theory
Mepanator	Mepanator	D-Zone	Calibrator	Mepanator	Chillanator
Annihilator	Recuperator	D-Zone	Annihilator	Mepsting	Mepanator
Mepanator	Recuperator	D-Zone	Calibrator	D-Zone	
Mepanator	Mepanator	D-Zone	Annihilator	D-Zone	



Stacey Jacques Platoon Bootcamp

	6.15-7.00am	7.30-8.30am	10-11am
MON	Platoon		
TUE			
WED			
THU	Platoon		
FRI			
SAT		Platoon	
SUN			

	7-8pm	8-9pm
	Platoon	
	Platoon	

£65 Non-members - Includes Nutrition Portfolio, weigh & measure, body fat analysis, online support & ideas for training in your own time.

£40 top up for current members -Includes Nutrition Portfolio, weigh & measure, body fat analysis, online support & ideas for training in your own time.

£55 for Platoon Bootcamp & Gym membership -Includes Nutrition Portfolio, weigh & measure, body fat analysis, online support & ideas for training in your own time. Plus full access to the gym & class timetable.