



Free vouchers to get active in South Gloucestershire

Studio Cycling

When	Contact	Location
Cycle Fit - Indoor cycling class on static bikes. Combines seated, climbing, and speed work		
Monday 19:00 - 19:45	SBL Sports Centre 01454 868158 sblsports@sblonline.org.uk http://www.sblsports.co.uk/	North Street, Oldland Common, BS30 8TS
Cycle Fit - Indoor cycling class on static bikes. Combines seated, climbing, and speed work		
Tuesday 19:00 - 19:45	SBL Sports Centre 01454 868158 sblsports@sblonline.org.uk http://www.sblsports.co.uk/	North Street, Oldland Common, BS30 8TS
Tuesday Morning Spin - A 30 min fat burning spin class open to all levels of fitness and experience. Please arrive 5 mins early to set bike up.		
Tuesday 08:00 - 08:30	Ashley Granger 07706 240538 https://www.facebook.com/Boot-Camps-Bristol-644403862434480/	7 Falcon Drive, Patchway, BS34 5RD
Cycle Fit - Indoor cycling class on static bikes. Combines seated, climbing, and speed work		

When	Contact	Location
Wednesday 19:00 - 19:45	SBL Sports Centre 01454 868158 sblsports@sblonline.org.uk http://www.sblsports.co.uk/	North Street, Oldland Common, BS30 8TS
Wednesday Evening Spin - A 30 min fat burning spin class open to all levels of fitness and experience. Please arrive 5 mins early to set bike up.		
Wednesday 18:30 - 19:00	Ashley Granger 07706 240538 https://www.facebook.com/Boot-Camps-Bristol-644403862434480/	7 Falcon Drive, Patchway, BS34 5RD
Wednesday Evening Spin - A 30 min fat burning spin class open to all levels of fitness and experience. Please arrive 5 mins early to set bike up.		
Wednesday 19:15 - 19:45	Ashley Granger 07706 240538 https://www.facebook.com/Boot-Camps-Bristol-644403862434480/	7 Falcon Drive, Patchway, BS34 5RD
Cycle Fit - Indoor cycling class on static bikes. Combines seated, climbing, and speed work		
Thursday 19:30 - 20:15	SBL Sports Centre 01454 868158 sblsports@sblonline.org.uk http://www.sblsports.co.uk/	North Street, Oldland Common, BS30 8TS
Thursday Morning Spin - A 30 min fat burning spin class open to all levels of fitness and experience. Please arrive 5 mins early to set bike up.		
Thursday 09:30 - 10:00	Ashley Granger 07706 240538 https://www.facebook.com/Boot-Camps-Bristol-644403862434480/	7 Falcon Drive, Patchway, BS34 5RD
Cycle Fit - Indoor cycling class on static bikes. Combines seated, climbing, and speed work		
Saturday 10:15 - 11:00	SBL Sports Centre 01454 868158 sblsports@sblonline.org.uk http://www.sblsports.co.uk/	North Street, Oldland Common, BS30 8TS

For more information visit www.southglos.gov.uk/sportspound
This flyer was last updated on Tuesday 13 February 2018