

FITNESS TIMETABLE

All classes are held in the fitness studio located on the first floor, otherwise marked: *Sports Hall, **Pool

Catterick
LEISURE CENTRE

MON

07.00 - 07.30	HIIT Step
09.30 - 10.15	LBT
10.30 - 11.15	Spin, Strength, Spin
11.30 - 12.15	Stretch, Flow
17.15 - 18.00	LesMills Bodypump
18.15 - 19.00	LesMills BodyCombat
19.15 - 20.00	LesMills BodyBalance

TUE

07.00 - 07.30	GRIT Cardio
09.30 - 10.15	LesMills RPM
10.30 - 11.25	LesMills BodyBalance
18.00 - 18.45	Total Fitness
19.00 - 19.45	Studio Cycle (CbC)
19.45 - 20.30	AquaFit**

WED

07.00 - 07.30	GRIT Athletic
09.30 - 10.15	LesMills BodyStep
10.30 - 11.15	Buggy Bootcamp*
10.30 - 11.15	Studio Cycle
11.30 - 12.25	Pilates
17.15 - 18.00	LesMills RPM
18.15 - 19.00	Box Fit

THU

07.00 - 07.45	LesMills RPM
09.30 - 10.15	LesMills BodyCombat
10.30 - 11.25	LesMills Bodypump
11.30 - 12.15	Sit 2 Fit
13.00 - 13.45	Buggy Pump
18.00 - 18.45	Strength & Core
19.00 - 19.45	Total Fitness

FRI

07.00 - 07.30	GRIT Strength
09.30 - 10.25	LesMills Bodypump
10.30 - 11.25	LesMills BodyBalance
12.00 - 12.45	AquaFit**

SAT

09.30 - 10.15	METFIT
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SUN

09.30 - 10.15	Studio Cycle
10.30 - 11.25	Circuits

BOOK YOUR FITNESS CLASS ONLINE

An online booking system is available to book all your classes, please ensure that you book to guarantee your place. Scan to book now.



myzone®

3 ways to wear • 3 x the motivation • 3 x the fun!



Why use Myzone?

Community and connection: Foster a sense of connectedness and encourage the development of healthy, lifelong habits.

Simplified science: Based on the science of heart rate training but presented in a really simple and user-friendly format

Recognition and rewards: Provides recognition for all efforts, no matter fitness level or expertise, ensuring motivation is maintained.

Universal appeal: Suitable for everyone from beginners to regular gym-goers.

Engagement through gamification: Converts fitness activities into a point system, making it easier to track and meet fitness goals.

Community and accountability: Leverages community support and straightforward scientific principles to enhance workout enjoyment and effectiveness.

Scan to find out more about MYZONE

