

## Choose from a huge range of fitness classes and start having fun getting fit!

**AquaFit** - Cardio and resistant training in the water, so you can jump without impact, strengthen without soreness the next day.

**Les Mills BODYBALANCE™** - Ideal for anyone and everyone, a yoga-based class that will improve your mind, your body and your life. Bend and stretch through a series of simple yoga moves and embrace elements of TaiChi and Pilates. Strengthen your entire body.

**Les Mills BODYCOMBAT™** - Punch and kick your way to fitness, burning up to 740 calories along the way. This high-energy martial-arts inspired workout is totally non-contact and challenges you to up the intensity.

**Les Mills BODYPUMP™** - A great motivational class that has you working all muscles with carefully selected exercises taking you on a journey.

**Les Mills GRIT ATHLETIC** - A 30-minute high-intensity interval training (HIIT) sports conditioning workout, using a step, bodyweight exercises and multi-dimensional sports conditioning training to increase your overall athletic performance: strength, agility, speed and power.

**Les Mills GRIT STRENGTH** - A 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. Using barbell, weight plate and bodyweight exercises.

**Les Mills PILATES™** - Is a modern mind and body workout. It is a unique fitness program that integrates slow, controlled movements with a focus on breath and body awareness. It aims to tone the core muscles, including the abs, glutes, back, and hips, while enhancing flexibility and mobility.

**Les Mills THE TRIP™** - Virtual - Cycle into the next dimension with THE TRIP, an exhilarating sensory experience and an immersive cycling workout combined.

**Les Mills RPM™** - With great music pumping and the group cycling as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.

**Box Fit** - This is a high intensity non-contact workout that incorporates boxing techniques to improve your strength, agility and overall fitness levels.

**Circuits** - Top to toe workout class aimed at all levels. Work on your strength, endurance, cardio fitness and core "the total body workout".

**HIIT Step** - This class is choreographed to bespoke soundtracks created by some of the UK's top House DJs, HIITStep is a high energy class that pushes you to new limits.

**HIIT Step & Core** - This 45minute workout combines a step box routine aimed at increasing strength and endurance with 15min core focused exercises to finish.

**HYROX** - Is a complete functional athletic workout programme implementing muscular strength and endurance, aerobic capacity, power, mobility, and agility. The classes will consist of the four different concepts. Focusing on endurance, muscular endurance, power, aerobic capacity, mobility, and agility on different days during the week optimizes training by ensuring that all aspects of fitness are covered without overwhelming the individual. Each of the four training concepts allows for targeted improvements in a specific area, maximizing adaptation and recovery while keeping your members engaged and motivated.

**METFIT** - A high energy class that will incorporate various training methods - AMRAP, EMOM, TABATA to take your fitness to the next level.

**Pilates** - Strengthen your body whilst improving your posture, alignment and improving your flexibility in this low impact class

**Spin, Strength, Spin** - A mixture of traditional intense spinning mixed with intense body weight exercises to challenge you.

**Step & Strength** - A complete body class that provides both a cardio workout and a full body strength session, each week will vary but almost always will incorporate the step.

**Strength & Core** - Combining powerful compound lifts with targeted core exercises to build full body strength and a resilient core. This class will enhance your stability while helping achieve greater overall strength.

**Studio Cycle** - A 45minute studio based cycling class, that builds stamina and endurance whilst burning off those calories. Let your instructor take you through your paces as you sprint and climb hills to music. A great class to see your fitness levels improve very quickly.

**Total Fitness** - A class which involves various movements and methods using bodyweight and weights, work to your own ability.

**LES MILLS**  
ON DEMAND

Les Mills workouts at a time that suits you. We have a large variety of workouts from 15 - 55 minutes. You choose the workout that suits you. Just turn-up and access the iPad.



Virtual Classes are an opportunity to come to an additional class on our timetable lead by online Les Mills Instructors.

# FITNESS TIMETABLE



**Catterick**  
LEISURE CENTRE

# FITNESS TIMETABLE

## MON

7.00am - 7.30am  
HIIT Step

9.30am - 10.15am  
Studio Cycle

10.30am - 11.15am  
Step & Strength

5.15pm - 6.00pm  
**LES MILLS  
BODYPUMP**

6.15pm - 7.00pm  
**LES MILLS  
BODYCOMBAT**

7.00pm - 7.45pm  
**LES MILLS  
BODYBALANCE**

8.00pm - 8.45pm  
**LES MILLS  
THE TRIP**

## TUE

7.00am - 7.45am  
**LES MILLS  
RPM**

9.30am - 10.25am  
**LES MILLS  
BODYPUMP**

10.30am - 11.25am  
**LES MILLS  
BODYBALANCE**

12.00pm - 12.45pm  
**LES MILLS  
THE TRIP**

5.15pm - 6.00pm  
Total Fitness

6.00pm - 6.45pm  
Total Fitness

7.00pm - 7.45pm  
**LES MILLS  
PILATES**

7.45pm - 8.30pm  
Aqua

8.00pm - 8.45pm  
**H Y R O X**

## WED

7.00am - 7.30am  
**LES MILLS  
GRIT** | ATHLETIC

9.00am - 9.45am  
Aqua

9.30am - 10.15am  
HIIT Step & Core

10.30am - 11.15am  
Spin, Strength, Spin

11.30am - 12.25pm  
Pilates

6.00pm - 6.45pm  
**H Y R O X**

7.00pm - 7.45pm  
**LES MILLS  
RPM**

## THU

7.00am - 7.30am  
**LES MILLS  
BODYPUMP**

9.30am - 10.15am  
**LES MILLS  
BODYPUMP**

10.30am - 11.15am  
**LES MILLS  
BODYBALANCE**

6.00pm - 6.45pm  
Strength & Core

7.00pm - 7.45pm  
**H Y R O X**

## FRI

7.00am - 7.30am  
**LES MILLS  
GRIT** | STRENGTH

9.30am - 10.15am  
**LES MILLS  
RPM**

10.30am - 11.15am  
**LES MILLS  
PILATES**

12.00pm - 12.45pm  
Aqua

5.15pm - 6.00pm  
**H Y R O X**

## SAT

9.30am - 10.15am  
METFIT

10.30am - 11.15am  
**LES MILLS  
THE TRIP**

12.00pm - 12.45pm  
**H Y R O X**

## SUN

9.30am - 10.25am  
Circuits

10.30am - 11.15am  
Studio Cycle

### **H Y R O X** ANNUAL SUBSCRIPTION INCLUDES:

- 10 day booking priority for our HYROX classes
- HYROX WhatsApp community
- HYROX Specific programmes every 4 weeks
- Opportunity to attend 2 HYROX classes per week (alternative workout available)
- HYROX Early bird ticket access (ticket allocation through HYROX)

**MEMBER INDIVIDUAL CLASS £7.50**

**NON-MEMBER £10**

### **SCAN TO BOOK**

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

