

All classes are held in the Fitness Studio located on the first floor otherwise as marked: *Sports Hall or Outdoors, **Pool, ***Meeting Room

Monday

Studio Cycle
7.00am-7.45am

Studio Cycle
9.30am-10.15am

Pump & Tone
10.30am-11.25am

Buggy Bootcamp*
10.30am-11.25am

Pilates
11.30am-12.25pm

LES MILLS BODYPUMP
6.00pm-6.55pm


LES MILLS GRIT SERIES Plyo
7.15pm-7.45pm

HIIT Spin
7.45pm-8.15pm

Booking policy: Members can book 8 days in advance. Non-members can book 7 days in advance and full payment is required at time of booking. Cancellation policy: 24 hours notice must be given if you wish to cancel a class otherwise a charge may occur.

It is essential that you be on time for your class. If you miss the warm up you will not be able to participate in the class.

www.catterickleisurecentre.com

 Nuffield Health

Tuesday

LES MILLS GRIT SERIES Strength
7.00am-7.30am

LBT
9.30am-10.25am

Buggy Pump
10.30am-11.15am

BOXERCISE*
10.30am-11.25am

Vinyasa Flow Yoga
11.30am-12.25pm

Spin Strength Spin
12.30pm-1.15pm

Step Athletic
6.00pm-6.55pm

Pilates
7.00pm-7.55pm

Bootcamp*
7.00pm-7.55pm

Aqua Zumba**
7.00pm-7.55pm

Wednesday

LES MILLS GRIT SERIES Plyo
7.00am-7.30am

Body Blast
9.30am-10.55am

Buggy Bootcamp*
10.30am-11.25am

Pilates
11.00am-11.55am

Studio Cycle
12.15pm-1.00pm

Core Stability
6.00pm-6.55pm

LES MILLS GRIT SERIES Cardio
7.00pm-7.30pm

20/20
7.30pm-8.15pm

Aqua Fit**
8.00pm-8.55pm

Thursday

LES MILLS BODYPUMP
7.00am-7.45am

LES MILLS GRIT SERIES Strength
9.30am-10.00am

HIIT Spin
10.00am-10.30am

Pilates
10.45am-11.40am

Buggy Spin
1.00pm-1.45pm

BEGINNERS WATCH THIS SPACE
6.00pm-6.30pm

LES MILLS GRIT SERIES Strength
6.30pm-7.00pm

Studio Cycle
7.00pm-7.45pm

Aqua Zumba**
7.00pm-7.55pm

Friday

Circuits
7.00am-7.45am

LES MILLS BODYPUMP
9.30am-10.25am

Buggy Bootcamp*
10.30am-11.25am

Core Stability
10.30am-11.25am

Aqua Fit**
11.00am-11.55am

Stretch Therapy
11.30am-12.15pm

Flow Yoga***
5.30pm-6.30pm

Spinning
6.15pm-7.00pm

Saturday

Saturday Infusion
8.30am-9.25am

Advanced Step
9.30am-10.55am

Sunday

Studio Cycle
9.30am-10.15am

Total Circuit
10.30am-11.25am