

STUDIO TIMETABLE



Commences Tuesday 3rd January

Monday

7.00am – 7.30am
 9.30am – 10.15am
 10.30am-11.15am
 1.00pm – 1.45pm
 5.15pm – 6.00pm
 6.15pm – 7.00pm
 7.15pm – 8.00pm

HITSTEP

Spin Strength Spin
 Stretch & Tone


Sit 2 Fit

LES MILLS
BODYPUMP
 LES MILLS
BODYCOMBAT
 LES MILLS
BODYBALANCE

Thursday

7.00am – 7.45am
 9.30am – 10.15am
 10.30am – 11.15am
 11.30am-12.15pm
 6.00pm – 6.30pm
 6.30pm – 7.15pm
 7.30pm – 8.15pm

LES MILLS **BODYPUMP**

Cycle + 
 ABC (arms, back, chest)

Stretch & Tone

LES MILLS
GRIT | STRENGTH

LES MILLS
BODYSTEP

Total Fitness

Tuesday

7.00am – 7.30am
 9.30am – 10.15am
 10.30am – 11.15am
 11.15am-12.00pm
 6.00pm – 6.45pm
 6.00pm-6.45pm
 7.00pm – 7.45pm
 7.45pm – 8.30pm

LES MILLS **GRIT** | CARDIO

LBT

Studio Cycle

LES MILLS
BODYBALANCE

Total Fitness

BOXFIT

Studio Cycle

Aquafit

Friday

7.00am – 7.45am
 9.30am – 10.25am
 10am- 10.45am
 10.30am – 11.15am
 11.15pm – 12.00pm
 12.15pm-1.00pm
 5.15pm-5.45pm
 5.45pm-6.15pm

LES MILLS **BODYCOMBAT**

LES MILLS
BODYPUMP

Buggy Bootcamp

LES MILLS
BODYBALANCE

Aqua fit

METCON

HITSTEP

Stretch

Wednesday

7.00am – 7.30am
 9.30am – 10.15am
 10am – 10.45am
 10.30am – 11.15am
 11.30am – 12.25pm
 5.15pm-5.45pm
 6.00pm – 6.45pm
 7.00pm – 7.45pm
 7.45pm – 8.30pm

LES MILLS **GRIT** | ATHLETIC

LES MILLS
BODYPUMP

Buggy Bootcamp

LES MILLS
BODYSTEP

Pilates & Stretch

HIIT Zone

LES MILLS
BODYPUMP

LES MILLS
BODYCOMBAT

AquaFit

Saturday

8.30am-9.15am Super Saturday
 9.30am-10.15am Spin Strength Spin

Sunday

9.30am-10.15am Studio Cycle
 10.30am-11.25am Circuits

Catterick
 LEISURE CENTRE

www.nuffieldhealth.com/catterick