

HOLIDAY

CLASS TIMETABLE

11 DEC – 28 JAN



MONDAY 11 DEC	TUESDAY 12 DEC	WEDNESDAY 13 DEC	THURSDAY 14 DEC	FRIDAY 15 DEC	SATURDAY 16 DEC	SUNDAY 17 DEC
M 06:00am YOGA	08:45am PUMP	08:45am GUNS GALORE	M 06:00am YOGA	08:45am C&C	E 08:15am PUMP	08:15am SPIN
08:45am CIRCUIT	10:15am G.G.	M 10:00am SALT	08:45am BOXING	04:30pm CORE+	09:40am BODYCOMBAT	09:40am YOGA
10:00am SALT	04:30pm RPM	10:15am SWEATX	04:30pm PUMP			
04:30pm SWEATX	06:15pm YOGA	04:30pm CIRCUIT	06:15pm YIN YOGA			
05:15pm PUMP		05:30pm CORE+				
MONDAY 18 DEC	TUESDAY 19 DEC	WEDNESDAY 20 DEC	THURSDAY 21 DEC	FRIDAY 22 DEC	SATURDAY 23 DEC	SUNDAY 24 DEC
M 06:00am YOGA	E 08:45am PUMP	08:45am CORE+	M 06:00am YOGA	08:45am CIRCUIT	08:15am JUNLEBODY	09:40am YOGA
08:45am CIRCUIT	04:30pm RPM	04:30pm PUMP	08:45am BOXING	04:30pm CORE+		
05:15pm PUMP	06:15pm YOGA		04:30pm VYPA			
MONDAY 25 DEC	TUESDAY 26 DEC	WEDNESDAY 27 DEC	THURSDAY 28 DEC	FRIDAY 29 DEC	SATURDAY 30 DEC	SUNDAY 31 DEC
O ONDEMAND	O ONDEMAND	O ONDEMAND	O ONDEMAND	O ONDEMAND	O ONDEMAND	O ONDEMAND
MONDAY 01 JAN	TUESDAY 02 JAN	WEDNESDAY 03 JAN	THURSDAY 04 JAN	FRIDAY 05 JAN	SATURDAY 06 JAN	SUNDAY 07 JAN
O ONDEMAND	08:45am SWEATX	08:45am CORE+	M 06:00am YOGA	08:45am CIRCUIT	E 08:15am PUMP	09:40am YOGA
	04:30pm RPM	04:30pm PUMP	08:45am BOXING	04:30pm BODYCOMBAT		
	06:15pm YOGA		04:30pm VYPA			
MONDAY 08 JAN	TUESDAY 09 JAN	WEDNESDAY 10 JAN	THURSDAY 11 JAN	FRIDAY 12 JAN	SATURDAY 13 JAN	SUNDAY 14 JAN
M 06:00am YOGA	08:45am SWEATX	08:45am CORE+	M 06:00am YOGA	08:45am CIRCUIT	08:15am JUNLEBODY	O ONDEMAND
08:45am CIRCUIT	04:30pm RPM	04:30pm PUMP	08:45am BOXING	04:30pm BODYCOMBAT		
05:15pm PUMP	06:15pm YOGA		04:30pm VYPA			
MONDAY 15 JAN	TUESDAY 16 JAN	WEDNESDAY 17 JAN	THURSDAY 18 JAN	FRIDAY 19 JAN	SATURDAY 20 JAN	SUNDAY 21 JAN
M 06:00am YOGA	08:45am SWEATX	08:45am CORE+	M 06:00am YOGA	08:45am CIRCUIT	E 08:15am PUMP	09:40am YOGA
08:45am CIRCUIT	04:30pm RPM	04:30pm PUMP	08:45am BOXING	04:30pm BODYCOMBAT		
05:15pm PUMP	06:15pm YOGA		04:30pm VYPA			
MONDAY 22 JAN	TUESDAY 23 JAN	WEDNESDAY 24 JAN	THURSDAY 25 JAN	FRIDAY 26 JAN	SATURDAY 27 JAN	SUNDAY 28 JAN
M 06:00am YOGA	08:45am SWEATX	08:45am BOXING	M 06:00am YOGA	O ONDEMAND	08:15am JUNLEBODY	O ONDEMAND
08:45am CIRCUIT	04:30pm RPM	10:15am G.G.	08:45am C&C			
05:15pm PUMP	06:15pm YOGA	04:30pm SUPERSETS	04:30pm PUMP			
		05:15pm CORE+				

M COLIN MATHESON PAVILION

E 30 MINUTE EXPRESS CLASS

O LESMILLS ONDEMAND AT GRATWICK FITNESS CENTRE

CLASS DESCRIPTIONS

BOXING: A high energy fitness class which along with proper technique training will improve you agility, stamina, cardio, core and full body strength.

CLASS LENGTH: 60mins

CIRCUIT: Using a mixture of resistance, body weight and cardio based exercises to provide an all over cardio, strength and conditioning workout.

CLASS LENGTH: 45mins

CORE+: An intensive class which involves resistance tubes, weight plates and body weight exercises, like crunches, planks and hovers to help you strengthen and define your core muscles.

CLASS LENGTH: 30mins

C&C – CURLS & CRUNCHES: This class focuses on increasing core strength and improving muscle definition, while also providing a total body workout.

CLASS LENGTH: 45mins

G.G. – GLUTES GALORE: Small group class focusing on improving lower-body strength and sculpting your glutes, quads, thighs, and core. Working first on form and technique, before progressively increasing resistance levels.

CLASS LENGTH: 45mins

GUNS GALORE: Small group class focusing on improving upper-body strength and sculpting your back, shoulders, chest and arms – Working first on form and technique, before progressively increasing resistance levels.

CLASS LENGTH: 45mins

JUNGLEBODY: Wild mash up of Cardio, Afro, Pop, Boxing, Kickboxing, Pilates, Hip Hop and everything in between. It's the perfect concoction of easy to do moves, amazing pumping music and results based training.

CLASS LENGTH: 45mins

LES MILLS BODYCOMBAT: A high-energy martial arts inspired workout which works out the whole body and leaves you feeling empowered.

CLASS LENGTH: 60mins

LES MILLS BODYPUMP: A barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition BODYPUMP gives you a total body workout. You'll leave the class feeling challenged and motivated, ready to come back for more.

CLASS LENGTH: 45-55mins

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.

CLASS LENGTH: 30-45mins

SALT: Senior Adults Living Triumphantly – The free wellness program for all residents over 50.

CLASS LENGTH: 60mins

SPIN: Freestyle Cycling HIIT workout which simulates riding across different terrains.

CLASS LENGTH: 30mins

SWEATX: Bike, box, run, push, pull, lunge and skip inbetween routines of concentrated muscle burning dumbbell and kettlebell intervals.

CLASS LENGTH: 30mins

VYPA: High-Intensity Interval Training (HIIT) aimed at lowering your body fat, improving your Cardiovascular health and sculpting your whole body. VYPA is inspired by Boxing, Mixed Martial Arts, Hip Hop, Plyometric and Sports.

CLASS LENGTH: 60mins

YIN YOGA: Yin yoga stretches and targets both the deep connective tissues between the muscles, and the fascia throughout the body. The aim is to increase circulation in the joints and improve flexibility.

CLASS LENGTH: 60mins

YOGA: A widely practiced activity which cultivates health and wellbeing. Flexibility, mobility, coordination, bone and organ health, all over body strength and breath awareness are all physical benefits of yoga.

CLASS LENGTH: 60mins

CRÈCHE HOURS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:30-09:55am	08:30-09:55am	08:30-09:55am	08:30-09:55am	08:30-09:55am	08:00-09:25am	08:00-09:25am
10:00-11:25am	10:00-11:25am	10:00-11:25am	10:00-11:25am	10:00-11:25am	09:30-11:10am	09:30-11:10am
04:15-06:15pm	04:15-06:15pm	04:15-06:15pm	04:15-06:15pm	04:15-06:15pm		

The crèche will operate as usual over the festive season except for the shutdown periods listed below:

- Monday, 25/12/2023 to Monday, 01/01/2024;
- Friday, 26/01/2024; and
- Sunday, 07/01/2024, 14/01/2024, 21/01/2024, and 28/01/2024.

Please Note:

- Unless otherwise specified, all classes on schedule are for Wanangkura Stadium
- Advanced bookings recommended for all sessions
- Limited phone support available over the festive season > Online bookings advised where possible
- Subscribe to Text Notifications to receive updates whenever there's a schedule change > fitns.me/text
- Refer to Town website for information on other facilities