



HOLIDAY

CLASS TIMETABLE

5 DEC – 29 JAN

MONDAY 05 DEC	TUESDAY 06 DEC	WEDNESDAY 07 DEC	THURSDAY 08 DEC	FRIDAY 09 DEC	SATURDAY 10 DEC	SUNDAY 11 DEC
08:45am SPIN	08:45am CIRCUIT	08:45am BOXING	08:45am SUPERSETS	08:45am PRIMAL	☹️ 08:05am PUMP	08:30am PRIMAL
☹️ 04:30pm COMBAT	04:30pm SPIN	02:30pm TEENCIRCUIT	04:30pm AMRAP	04:30pm SPRINT	★ 08:40am JUNGLEBODY	09:40am YOGA
05:15pm PUMP		04:30pm CIRCUIT	05:05pm VYPA			
		05:30pm GRIT	06:15pm YIN YOGA			
MONDAY 12 DEC	TUESDAY 13 DEC	WEDNESDAY 14 DEC	THURSDAY 15 DEC	FRIDAY 16 DEC	SATURDAY 17 DEC	SUNDAY 18 DEC
08:45am SPIN	08:45am CIRCUIT	08:45am BOXING	08:45am SUPERSETS	08:45am PRIMAL	☹️ 08:05am PUMP	08:30am PRIMAL
☹️ 04:30pm COMBAT	04:30pm AMRAP	02:30pm TEENCIRCUIT	04:30pm VYPA	04:30pm SPRINT	08:40am JUNGLEBODY	09:40am YOGA
05:15pm PUMP		04:30pm CIRCUIT			09:40am BALANCE	
MONDAY 19 DEC	TUESDAY 20 DEC	WEDNESDAY 21 DEC	THURSDAY 22 DEC	FRIDAY 23 DEC	SATURDAY 24 DEC	SUNDAY 25 DEC
08:45am SPIN	08:45am CIRCUIT	08:45am BOXING	08:45am SUPERSETS	08:45am PRIMAL	▶️ ONDEMAND	▶️ ONDEMAND
☹️ 04:30pm COMBAT	04:30pm AMRAP	04:30pm CIRCUIT	04:30pm VYPA	04:30pm SPRINT		
05:15pm PUMP	05:15pm BALANCE		06:15pm YIN YOGA			
MONDAY 26 DEC	TUESDAY 27 DEC	WEDNESDAY 28 DEC	THURSDAY 29 DEC	FRIDAY 30 DEC	SATURDAY 31 DEC	SUNDAY 01 JAN
▶️ ONDEMAND	▶️ ONDEMAND	▶️ ONDEMAND	▶️ ONDEMAND	▶️ ONDEMAND	▶️ ONDEMAND	▶️ ONDEMAND
MONDAY 02 JAN	TUESDAY 03 JAN	WEDNESDAY 04 JAN	THURSDAY 05 JAN	FRIDAY 06 JAN	SATURDAY 07 JAN	SUNDAY 08 JAN
▶️ ONDEMAND	08:45am CIRCUIT	08:45am BOXING	08:45am SUPERSETS	08:45am PRIMAL	☹️ 08:05am PUMP	09:40am YOGA
	04:30pm AMRAP	04:30pm CIRCUIT	04:30pm VYPA	04:30pm SPRINT	08:40am JUNGLEBODY	
	05:15pm BALANCE		06:15pm YIN YOGA		09:40am BALANCE	
MONDAY 09 JAN	TUESDAY 10 JAN	WEDNESDAY 11 JAN	THURSDAY 12 JAN	FRIDAY 13 JAN	SATURDAY 14 JAN	SUNDAY 15 JAN
08:45am BOXING	08:45am CIRCUIT	☹️ 08:45am PUMP	08:45am SUPERSETS	08:45am PRIMAL	☹️ 08:05am PUMP	09:40am YOGA
☹️ 04:30pm COMBAT	04:30pm AMRAP	04:30pm CIRCUIT	04:30pm VYPA	☹️ 04:30pm COMBAT	08:40am JUNGLEBODY	
05:15pm PUMP	05:15pm BALANCE		06:15pm YIN YOGA		09:40am BALANCE	
MONDAY 16 JAN	TUESDAY 17 JAN	WEDNESDAY 18 JAN	THURSDAY 19 JAN	FRIDAY 20 JAN	SATURDAY 21 JAN	SUNDAY 22 JAN
08:45am BOXING	08:45am CIRCUIT	☹️ 08:45am PUMP	08:45am SUPERSETS	08:45am PRIMAL	☹️ 08:05am PUMP	09:40am YOGA
☹️ 04:30pm COMBAT	04:30pm AMRAP	04:30pm CIRCUIT	04:30pm VYPA	04:30pm SPRINT	08:40am JUNGLEBODY	
05:15pm PUMP	05:15pm BALANCE		06:15pm YIN YOGA		09:40am BALANCE	
MONDAY 23 JAN	TUESDAY 24 JAN	WEDNESDAY 25 JAN	THURSDAY 26 JAN	FRIDAY 27 JAN	SATURDAY 28 JAN	SUNDAY 29 JAN
08:45am BOXING	08:45am CIRCUIT	☹️ 08:45am PUMP	▶️ ONDEMAND	08:45am PRIMAL	☹️ 08:05am PUMP	08:30am PRIMAL
☹️ 04:30pm COMBAT	04:30pm AMRAP	04:30pm CIRCUIT		04:30pm SPRINT	08:40am JUNGLEBODY	09:40am YOGA
05:15pm PUMP	05:15pm BALANCE				09:40am BALANCE	



30 MINUTE EXPRESS CLASS



LES MILLS ONDEMAND AT GRATWICK FITNESS CENTRE



X-MAS EDITION

CLASS DESCRIPTIONS

AMRAP: As Many Reps (or Rounds) As Possible - As you may have guessed, the whole idea is doing as many reps/ rounds as you possibly can within the allotted amount of time.

CLASS LENGTH: 30mins

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: 45mins

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

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 BODYBALANCE: Ideal for anyone and everyone, BODYBALANCE is a fusion of Tai Chi, Pilates and many elements of Yoga. You'll strengthen your entire body and leave the class feeling calm and centred.

CLASS LENGTH: 45-55mins

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 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

LES MILLS GRIT: High-Intensity Interval Training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups.

CLASS LENGTH: 30mins

LES MILLS SPRINT: High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast.

CLASS LENGTH: 30mins

PRIMAL: This strength based workout combines a range of exercises inspired by how we naturally move our bodies – Suitable for all levels of fitness.

CLASS LENGTH: 45mins

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

CLASS LENGTH: 30mins

TEENCIRCUIT: Circuit style training with a focus on total body strength and conditioning, tailored specifically for our teenage members.

CLASS LENGTH: 45mins

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:

- Friday, 23/12/2022 (Closed from 12pm);
- Saturday, 24/12/2022 to Monday, 02/01/2023; and
- Sunday, 08/01/2023, 15/01/2023, and 22/01/2023

Please Note:

- COVID Safety Measures still apply
- 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