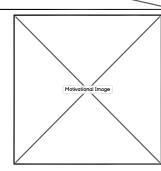


Never be afraid to try something new because life gets boring when you stay within the limits of what you already know.

Alone we can do so little, together we can do so much.

Join us and give us a chance to support you!



FACILITIES



Personal Trainer

At our gyms, we have a staff of highly certified coaches who are ready to help you stay motivated on your fitness path.



Resistance

A workout centre fully stocked with resistance equipment is what you need if toning is your objective. To enhance your strength and define your muscles, get ready for a rep.



Swimming is a fantastic form of exercise and stress relief. Swimming classes are available for all ages. We also have lanes for serious



Cardio

Exercise that raises your heart rate and boosts the functioning of your cardiovascular system. cardiovascular system.
Regular cardiovascular
exercise can significantly
improve your general
health and well-being and
add value to your fitness
regimen.



Lessons for fitness are an enjoyable and practical approach to stay in shape. You'll forget about the perspiration and just enjoy the exercise when you do it with others.



Functional

Functional training focuses on activities that replicate routine movements to teach your muscles to teach your muscles to cooperate and prepare them for everyday tasks. This training emphasises core stability by using multiple upper and lower muscles simultaneously.



Sauna & Steam

Excellent for soothing sore muscles and joints and unwinding after an exercise session. It's also fantastic for your skin.



Free Parkina

20 free parking space available on-site! Don't forget to register you car reg number at the reception desk.

WHAT OUR MEMBERS SAY

MARK DUNCAN Friendly knowledgeable staff. Always helpful and available

I have been a member for many years and through Ben I have made significant process with his help and support



SAM ONEAL

Excellent gym. Ample and clean facilities. It never seems too busy because of the size of it. Management team always on the lookout for things to improve



SARA THOMAS

Love the classes at Gym On!



INDIA NIXON

Amazing gym and amazing staff. Selima the manager was my personal trainer and she was very professional, kind and very motivating.



GENERAL OPENING HOURS

Sundays: 09:00 - 17:00

OFF PEAK HOURS

Monday - Saturday: 05:00 - 15:00 20:00 - 22:00

Sundays: 09:00 - 17:00



020 7370 2316









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A Web Page





HOME I MEMBERSHIP PLANS I TIMETABLES I CONTACT US

GYM MEMBERSHIP OPTIONS

DAY PASS £4.99

- NO JOINING FEE
- NO CONTRACT
- ALL HOURS ACCESS
- BRING A GUEST

- FREEZE MEMBERSHIP
- BOOK CLASS IN ADVANCE

CLASSES INCLUDED

SELECT

OFF PEAK PASS £24.99

- NO JOINING FEE
- NO CONTRACT
- OFF PEAK TIMES
- BRING A GUEST 3 TIMES A MONTH
- **CLASSES INCLUDED**
- FREEZE MEMBERSHIP ANYTIME
- **BOOK CLASS IN ADVANCE**

SELECT

YEARLY PASS £249.99

- NO JOINING FEE
- NO CONTRACT
- ALL HOURS ACCESS
- BRING A GUEST 3 TIMES A MONTH
- CLASSES INCLUDED
- FREEZE MEMBERSHIP ANYTIME
- **BOOK CLASS IN ADVANCE**

SELECT

GYM PERKS



15% OFF FOR STUDENTS

Join our Gym and get up to 15% off!

Bring your student card and we can get you started!



15% OFF FOR NHS STAFFS

We appreciate all the hardwork you do for us!

Join our Gym and get up to 15% off!

Bring your NHS card and we can get you started!



5% OFF ON NIKE PRODUCTS

All new customers can get a voucher off 5% which is valid for 3 months. Just ask for more details at the reception desk

GENERAL OPENING HOURS

Monday - Saturday: 06:00 - 22:00

Sundays: 09:00 - 17:00

OFF PEAK HOURS

Monday - Saturday: 05:00 - 15:00 20:00 - 22:00

Sundays: 09:00 - 17:00 29-32 Penywern Road, Earls Court, London SW5 9SU,

020 7370 2316



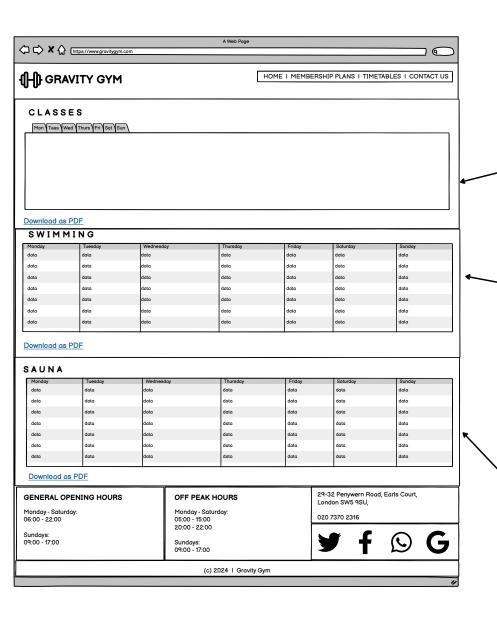






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Timetable



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00 - 10:00	09:00 - 10:00	09:00 - 10:00	09:00 - 10:00	09:00 - 10:00	09:00 - 10:00	09:00 - 10:00
Ladies Zumba	Pilates	Ladies Zumba	Ladies Zumba	Pilates	Ladies Zumba	Ladies Zumba
Studio 1, 45 minutes	Studio 1, 45 minutes	Studio 1, 45 minutes	Studio 1, 45 minutes	Studio 1, 45 minutes	Studio 1, 45 minutes	Studio 1, 45 minu
10:00 - 11:00	10:00 - 11:00	10:00 - 11:00	10:00 - 11:00	10:00 - 11:00	10:00 - 11:00	10:00 - 11:00
Ladies Body combat	Cycling circuits	Ladies Tabata and Abs	Ladies Body combat	Cycling circuits	Ladies Tabata and Abs	Ladies Body comb
Studio 1, 45 minutes	Studio 1, 45 minutes	Studio 1, 45 minutes	Studio 1, 45 minutes	Studio 1, 45 minutes	Studio 1, 45 minutes	Studio 1, 45 minu
11:15 - 12:15	11:15 - 12:15	11:15 - 12:15	11:15 - 12:15	11:15 - 12:15	11:15 - 12:15	11:15 - 12:15
Ladies Legs, Bums and Tums	Ladies Bootcamp	Yoga	Ladies Legs, Bums and Tums	Ladies Bootcamp	Yoga	Ladies Legs, Bums and Tums
Studio 1, 45 minutes	Studio 1, 45 minutes	Studio 1, 45 minutes	Studio 1, 45 minutes	Studio 1, 45 minutes	Studio 1, 45 minutes	Studio 1, 45 minu
12:30 - 13:30	12:30 - 13:30	17:00-18:00	12:30 - 13:30	12:30 - 13:30	17:00-18:00	12:30 - 13:30
Yoga	Ladies Steo	Ladies Zumba	Yoga	Ladies Steo	Ladies Zumba	Yoga
Studio 1, 45 minutes	Studio 1, 45 minutes	Studio 1, 45 minutes	Studio 1, 45 minutes	Studio 1, 45 minutes	Studio 1, 45 minutes	Studio 1, 45 minu
		18:00-19:00			18:00-19:00	
		Body conditioning			Body conditioning	
		Studio 1, 45 minutes			Studio 1, 45 minutes	
		19:00 - 20:00			19:00 - 20:00	
		Bootcamp			Bootcamp	
		Studio 1, 45 minutes			Studio 1, 45 minutes	

4								
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
_	07:00-08:00							
•	08:00-09:00							
	09:00-10:00							
	10:00-11:00							
	11:00-12:00							
	12:00-13:00							
	13:00-14:00							
	14:00-15:00							
	15:00-16:00							
	16:00-17:00							
	17:00-18:00							
	18:00-19:00							
	19:00-20:00							
	20:00-21:00							
	21:00-22:00							

Male Only

Mixed

Children only

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00-08:00							
08:00-09:00							
09:00-10:00							
10:00-11:00							
11:00-12:00							
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17:00-18:00							
18:00-19:00							
19:00-20:00							
20:00-21:00							
21:00-22:00							

Closed

Ladies only

	1	Closed		Ladies only		Male Only		Mixed	
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Contact Us 4 / 4





HOME I MEMBERSHIP PLANS I TIMETABLES I CONTACT US

CONTACT US

Our knowledgeable and welcoming staff at the leisure centre is here to assist you with any questions you may have.

Please provide us with as much as information possible, so that we can resolve your query as soon as possible!

FULL NAME:
Full Name
EMAIL ADDRESS:
email address
REPEAT EMAIL ADDRESS:
confirm email address
PHONE NUMBER:
phone number
TITLE:
Title
MESSAGE:
Please let us know how we can help you
PREFERRED METHOD OF CONTACT:
✓ Email✓ Phone
Reset Submit

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