

CLASS TIMETABLE



	TIME	TITLE	LENGTH	INSTRUCTOR	LOCATION
MON AM					
MON PM	5.30pm	YOGA & PILATES	60 mins	Sara	Studio
	6.00pm	KETTLEBELLS	35 mins	3d Team	Studio
	6.40pm	3d STEP	35 mins	3d Team	Studio
	7.20pm	AB BLAST	20 mins	3d Team	Studio
TUES AM	6.15am	FWU	45 mins	Brett	Gym Floor
TUES PM	5.30pm	LBT*	45 mins	Sara	Studio
	6.20pm	FUNCTIONAL TRAINING CIRCUITS	45 mins	3d Team	Gym Floor
WED AM	6.15am	POWER HOUR	60 mins	Brett	Gym Floor
WED PM	6.00pm	TABATA SPIN	35 mins	3d Team	Studio
	6.45pm	SUPER CIRCUITS	65 mins	Brett	Studio
THU AM	6.15am	SCHWINN CYCLING*	45 mins	Lou	Studio
THU PM	6.00pm	EXPRESS SPIN	35 mins	3d Team	Studio
	6.45pm	PUNCH FIT	45 mins	Brett	Studio
FRI AM					
FRI PM					
SAT	10.30am	FUNCTIONAL TRAINING CIRCUITS	45 mins	3d Team	Gym Floor

*These external instructor classes will take a summer break for August 2024. Don't panic, both will be back for the 1st week in September 2024

CLASSEDSCRIPTIONS

3d STEP

Step Class using bodyweight and our Reebok step benches. All the benefits of aerobic exercise, high energy and lower body strengthening. It's tougher than you think!

AB BLAST

Throw a quick blast for the Abs into your programme. One of our shorter classes which targets toning and strengthening of the abdominal/lower back muscle groups.

EXPRESS SPIN

Hard & Fast version of Indoor Cycling - just like an express train.

FTC (FUNCTIONAL TRAINING CIRCUITS)

A complete functional Total Body Workout! This circuit class is built around all the available stations on our Origin Functional Training Rig on the gym floor. Suitable for all abilities, we have optional cardio "HIIT" Intervals and fun finishers should you want to boost the intensity to the next level!

FWU (FUNCTIONAL WAKE UP)

An Early Morning Functional Training Circuits to wake your body up with an endorphin explosion to invigorate you ready for the day.

KETTLEBELLS

Total body, strength and tone workout with the king of functional equipment, the kettlebell. Work at your own level with additional motivation from the 3d team. Kettlebells available from 2-32kg to achieve a leaner you.

LBT (LEGS, BUMS & TUMS)

An Aerobic class toning and strengthening the muscles in your legs, glutes and abs.

POWER HOUR

Power Hour is a full body workout using various equipment, designed to help with strengthening supporting muscles, muscle imbalances, increase mobility, help correct posture and stabilise joints for better bone health. Utilising traditional compound exercises and resistance equipment.

Non-Member (Pay as you go) Prices

- £5.00 Short Class (35 mins or less)
- £6.25 Medium Class (40-45 mins)
- £7.50 Long Class (50 mins or more)



**BOOK A CLASS NOW BY
SCANNING THE QR CODE**

PUNCH FIT

An Intensive whole body boxing themed workout, focussing on technique whilst improving strength through a circuit based environment

*BRING YOUR OWN GLOVES. NEW gloves sold at reception.

SCHWINN CYCLING

Using a coaching-based approach & authentic cycling techniques, this class is about you achieving your maximum potential. Every session is different, to keep you motivated and help you meet your goals. This class is ideal if you want to maximise your cardio fitness, improve your heart health, manage your weight, or boost your happy brain hormones. Lets Ride - with Lou Atkinson

SUPER CIRCUITS

Our extremely popular circuit class resides in the studio until spring. The class consists of a mixture of strength, cardio, bodyweight exercises in a circuit based programme with progressions & regressions to accommodate all ability groups. Now incorporates STRETCH & FLEX a dedicated 15-20 min stretch & flexibility session in one SUPER circuit class.

TABATA SPIN

Interval Training Spin Class using indoor cycles, utilises TABATA 20 seconds intensity and 10 seconds rest sequence.

YOGA & PILATES

This class enjoys both elements of Yoga & Pilates in a flowing free-style class with no choreography. Powerful postures and stamina of Yoga compliments the core strength and postural techniques of Pilates in a safe, effective manner.

Day membership available

£7.50 - Includes gym access and any available classes on the day.

Scan here to get a day membership.

