

# CLASS TIMETABLE

	TIME	TITLE	LENGTH	INSTRUCTOR	LOCATION
<b>MON AM</b>					
<b>MON PM</b>	5.30pm	<b>YOGA &amp; PILATES</b>	60 mins	Sara	Studio
	6.00pm	<b>KETTLEBELLS</b>	35 mins	3d Team	Studio
	6.40pm	<b>3d STEP</b>	35 mins	3d Team	Studio
	7.20pm	<b>AB BLAST</b>	20 mins	3d Team	Studio
<b>TUES AM</b>	6.15am	<b>FWU</b>	45 mins	Brett	Gym Floor
<b>TUES PM</b>	5.30pm	<b>LBT</b>	45 mins	Sara	Studio
	6.20pm	<b>FUNCTIONAL TRAINING CIRCUITS<sup>Δ</sup></b>	45 mins	3d Team	Gym Floor
	6.20pm	<b>DANCIFY-FIT<sup>◦</sup></b>	45 mins	SJ	Studio
<b>WED AM</b>	6.15am	<b>POWER HOUR</b>	60 mins	Brett	Gym Floor
<b>WED PM</b>	6.00pm	<b>TABATA SPIN</b>	35 mins	3d Team	Studio
	6.45pm	<b>SUPER CIRCUITS</b>	65 mins	Brett	Studio
<b>THU AM</b>	6.15am	<b>SCHWINN CYCLING</b>	45 mins	Lou	Studio
<b>THU PM</b>	5.25pm	<b>DANCIFY-KIDZ</b>	45 mins	SJ	Studio
	6.15pm	<b>EXPRESS SPIN</b>	35 mins	Brett	Studio
	7.00pm	<b>PUNCH FIT</b>	45 mins	Brett	Studio
	8.00pm	<b>FIT TOGETHER*</b>	45 mins	Brett	PT Suite
<b>FRI AM</b>					
<b>FRI PM</b>					
<b>SAT</b>	10.30am	<b>FUNCTIONAL TRAINING CIRCUITS</b>	45 mins	3d Team	Gym Floor

\*Fit together is a 12 week subscription only course. Enrol by 19th September

Book  
Dancify-Kidz  
Here



<sup>Δ</sup>Tuesday class runs once every 4 weeks during Autumn/Winter  
<sup>◦</sup>Runs 3 out of every 4 weeks through Autumn/Winter

Book  
a Class Here



# 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.

## DANCIFY-FIT

Love the beats, street dance fitness featuring hip hop, commercial and dancehall style with the freedom to lose yourself in the moment. **This class runs 3 out of every 4 weeks through Autumn/Winter.**

## DANCIFY-KIDZ

Love the beats, street dance fitness featuring hip hop, commercial and dancehall style with the freedom to lose yourself in the moment. Termly and pay as you go bookings available £5 a session. Registration & Booking via the below link, or by scanning the QR code.



[3dleisure.childcare-online-booking.co.uk](http://3dleisure.childcare-online-booking.co.uk)

## 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! **Tuesdays class only runs once every 4 weeks during Autumn/Winter.**

## 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.

## Non-Member (Pay as you go) Prices

- £5.50 Short Class (35 mins or less)
- £6.75 Medium Class (40-45 mins)
- £8.00 Long Class (50 mins or more)

## 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.

## 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.

## FIT TOGETHER - A group led fitness program.

Fit together is a 12-week weight management well-being program. Whether you are looking to lose weight, gain muscle or improve your physical and mental well-being.

Subscription only by 19th of September  
- ask a member of the team.

### Course includes:

- Trial MYZONE Belt
- 12 x 1-hour sessions
- Nutritional Information
- 12-weekly programmes
- 15-minute weekly fitness class
- Tips on making healthier choices



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

## Day membership available

**£8.00** - Includes gym access and any available classes on the day.

Scan here to get a day membership.

