

CLASS TIMETABLE

From 06 January 2025

3d health
& fitness

All classes must be pre booked 6 days in advance and if you can't attend then please let us know.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
13.30 - 14.15 AQUA	11.00 - 11.30 GENTLE CIRCUITS	11.00 - 11.45 LBT	09.45 - 10.30 AQUA	11.00 - 11.45 LATIN FUSION
17.30 - 17.55 HIIT	18.00 - 18.45 BOX FIT	17.30 - 18.00 HIIT CIRCUIT	11.00 - 12.00 PILATES	18.00 - 18.45 ADVANCED KETTLEBELLS
18.00 - 18.30 SPIN	18.45 - 19.00 CORE	18.00 - 19.00 FLOW YOGA Rachel	18.00 - 18.45 BOX FIT	18.45 - 19.00 AB ATTACK
18.45 - 19.15 KETTLEBELLS		19.00 - 20.00 FITNESS YOGA Rachel	18.45 - 19.00 AB ATTACK	

CLASS DESCRIPTIONS

AB ATTACK

A short but intense session attacking the core muscles.

AQUA

A fun way to exercise in the water. Classes focus on aerobic endurance and resistance training.

BOX FIT

Box Fit is an exercise concept based on the training methods used by boxers. Sessions typically involve hitting focus pads but no class involves hitting an opponent. It is a fun, challenging and safe workout which is great for stress busting, accessible to all ages and fitness levels.

CIRCUITS

Circuits is a high energy and fast-paced class which involves working your way around different exercise stations performing each exercise as many times as you can in a set time.

CORE

Work your core muscles to their maximum with an intense core workout.

GENTLE CIRCUITS

A carefully structured full body exercise class, targeting strength and endurance without impact. Suitable for all ages and abilities, closely monitored to ensure safety with clear demonstrations throughout.

FITNESS YOGA

This class will improve your flexibility, core strength and hopefully make you smile as well! Suitable for all abilities.

FLOW YOGA

Flow yoga is a fast-paced method of yoga that links the breathe with postures, arm balances, core work and deep stretches. This style of yoga will help to strengthen, cleanse one's body and mind.

KETTLEBELLS

Full body strength & conditioning. Improves Core & Stability using a Combination of cardio, strength and flexibility exercises for the ultimate fat loss.
*Advanced kettlebells - please have previous experience attending kettlebell classes

LATIN FUSION

A fitness class that involves cardio and Latin inspired dance movements much like Zumba.

LBT

A fitness class that is aerobic based and uses exercises which targets lower muscle groups such as glutes, hamstrings and quadriceps. As well as using exercises to benefit strengthening core muscles.

SPIN

Whether you're a serious cyclist or just love the calorie burn of Spinning, this is the class for you! This high energy ride will take you to a new level of fitness using cadence, and heart rate drills. Come on in and reap the benefits!

PRICES

Free of charge to peak members

£2.50 to off-peak members during peak hours

£5 to guests of members