

# CLASS TIMETABLE

## MONDAY

06.00	20/20/20	60mins
07.30	<b>Stronger me, Stronger you</b> Gym	30mins
16.45	<b>Metafit</b>	30mins
17.25	<b>3d Pump</b>	45mins
18.20	<b>HIITSTEP</b>	30mins
18.15	<b>3d Mixed Level Pilates</b> Dance Studio	55mins
18.50	<b>3d Abs Blast</b>	20mins
19.15	<b>Clubbercise</b>	45mins
20.00	<b>Stronger me, Stronger you</b> Gym	45mins

## TUESDAY

06.05	<b>3d Pump Express</b>	30mins
06.40	<b>HIITSTEP</b>	30mins
07.30	<b>Stronger me, Stronger you</b> Gym	30mins
16.30	<b>Stronger me, Stronger you</b> Gym	30mins
16.45	<b>3d Spin Express</b>	30mins
17.30	<b>3d LBT</b>	45mins
18.30	<b>Rockbox</b>	45mins
19.30	<b>3d 20/20/20</b>	60mins

## WEDNESDAY

06.05	<b>3d Spin Express</b>	30mins
06.40	<b>3d LBT Express</b>	30mins
16.30	<b>3d BoxFit</b>	45mins
17.30	<b>3d Kettlebells</b>	45mins
18.15	<b>HIITSTEP</b>	30mins
19.00	<b>Clubbercise</b>	45mins
20.00	<b>Stronger me, Stronger you</b> Gym	45mins

## THURSDAY

06.05	<b>3d Spin Express</b>	30mins
06.40	<b>3d Military Circuits</b>	45mins
07.30	<b>Stronger me, Stronger you</b> Gym	30mins
16.30	<b>Stronger me, Stronger you</b> Gym	30mins
16.45	<b>3d Pilates/Flow Yoga</b>	60mins
17.15	<b>3d Spin Express</b>	30mins
17.55	<b>3d Tabata</b>	30mins
18.30	<b>BootyBand and Tone</b> Bands Provided	30mins
19.05	<b>3d Circuits</b>	45mins

## FRIDAY

06.05	<b>Metafit</b>	30mins
06.40	<b>3d Spin Express</b>	30mins
07.15	<b>3d Pilates/Yoga</b>	30mins
16.30	<b>Stronger me, Stronger you</b> Gym	30mins
17.15	<b>3d BoxFit</b>	45mins
18.15	<b>3d Pump</b>	40mins
19.10	<b>Stronger me, Stronger you</b> Gym	30mins

## SATURDAY

08.10	<b>3d Military Circuits</b>	45mins
09.00	<b>HIITSTEP</b>	30mins
09.30	<b>Stronger me, Stronger you</b> Gym	30mins
09.30	<b>Rockbox</b>	45mins
10.30	<b>3d LBT/Abs blast</b>	45mins

## SUNDAY

09.00	<b>3d LBT</b>	45mins
10.00	<b>3d 20/20/20</b>	60mins
13.00	<b>Stronger me, Stronger you</b> Gym	45mins

**We offer a wide range of exercise classes at a very high standard to suit everyone's needs for studio exercise.**

Our variety of classes cater to all abilities and fitness levels.

- » Pre-book your classes to avoid being turned away.
- » Please cancel at least 4 hours prior to the class starting to give other members chance to take the space.

### Terms and Conditions

All classes are available to book via the online system or at the gym reception desk. Classes can be booked up to 7 days in advance for 3d members and 6 days in advance for guests. Please turn up for your class at the noted start time and no earlier. Members are responsible for cleaning down any equipment used before and after use. Members can initially only book 1 class per morning/night to ensure everyone gets a fair chance to attend. Should you book a class and then be unable to attend, 30 minutes notice is required should you no longer be able to make the class. Should you fail to cancel a class on 3 separate occasions, a booking penalty will be enforced and you will be unable to attend a class for a 7 day period. Please be aware that this timetable is subject to change.

# CLASS DESCRIPTIONS

### 3d 20/20/20

The 3d 20/20/20 class is designed to give you the ultimate challenge and total body workout. Sweat through 20 minutes cardio, 20 minutes strength and 20 minutes of the instructors choice. This class is suitable for all fitness levels.

### 3d Abs Blast

Intense blast on the core area, focusing on isolating and strengthening your Abs.

### 3d BoxFit

3d BoxFit is a cardiovascular workout increasing stamina in the heart and lungs. This class incorporates age old boxing techniques and fresh new exercises resulting in an all over body workout. This class is suitable for all fitness levels and an excellent stress buster.

### 3d Freestyle Flow Yoga

Freestyle Flow Yoga Is a contemporary approach to yoga, it's mixes traditional yoga postures, stretches and balances with fitness principles. Traditional yoga tends to combine both the physical and spiritual experience, in FFY we concentrate on the physical aspect using yoga postures that endorse strength and stability and increase flexibility.

FFY focuses on transitions from one posture to another which challenges the skeletal muscles as you lift and lower the body/ body parts and hold a posture; or flow from a lunge, to a plank, to a tricep press. FFY is designed to get the very best out of everyone so is suitable for complete beginners or those wanting to change and adapt their yoga practice. Challenging yourself physically and rising to the challenge will lead to improved self-confidence and an ever increasing positive mental attitude.

### 3d Kettlebells

An effective fat burning workout using Kettlebell's. The class is fun, invigorating and designed to shape and sculpt your entire body.

### 3d LBT

A lower intensity based class using compound exercises, designed to target your legs, bum and tum.

### 3d Military Circuits

Circuit training has long been associated with achieving high conditioning standards when it comes to military fitness training. The aim of our circuit classes is the progressive development of the muscular and circulo-respiratory system. As a method circuit training is one of the best ways to develop solid all round fitness. This class does suit all fitness levels.

### 3d Pump

3d Pump is an original Barbell Class, the ideal workout for anyone looking at getting lean, toned and fit. Usually around 750 reps in a session you will definitely see the results.

### 3d Spin Express

A 30 or 45 minute cardiovascular, butt-kicking workout that takes place on a stationary bike

### 3d Tone

3d Tone is a mix up of weights which could include Kettlebells, barbell, free weights or even resistance bands. A great class which covers all areas with a mix up of equipment

### BootyBands (Stretch and Tone) Bands Provided

BootyBands Stretch and Tone is just that. We provide the bands of all different resistance and we will tone everywhere with a little more focus on the booty. You'll be surprised at how effective this little piece of equipment is, used with the correct load and technique. This class is suitable for all fitness levels.

### Clubbercise

Is a fun full body workout with banging soundtracks that gets great results. One session burns around 600 calories. The routine combines dance, toning and combat moves with options to suit all fitness levels. Classes are held in a room with disco lights and LED glow sticks.

### HIITSTEP

A new, innovative 30 minute class using only your bodyweight and a step. Don't be lazy, let's go crazy!

### Metafit

A 30-minute, bodyweight only, non-choreographed, high-intensity interval training (HIIT). This is a metabolic workout that just keeps working! It is also designed for all fitness levels.

### Pilates - 3d Mixed Level Pilates

Pilates strengthens the core, aligning posture and balancing the body. It is a safe and a highly effective way to stretch, strengthen and tone the entire body. Extremely good for learning how to support your back and prevent injury.

### Rockbox

A full body workout suitable for all fitness levels with high and low impact variations. We punch, kick & smash sticks to classic and modern rock tunes.

### Stronger me, Stronger you

Small group training consists of one trainer working with a group of up to four clients.

### Tabata

Tabata is a form of high-intensity training in which short periods of demanding activity are alternated with shorter periods of rest. Typically over a period of four minutes. "Tabata is about pushing your limits"

## OPENING TIMES:

Day	Mornings	Evenings
Monday	06.00-08.30	16.00-21.30
Tuesday	06.00-08.30	16.30-21.30
Wednesday	06.00-08.30	16.00-21.30
Thursday	06.00-08.30	16.30-21.30
Friday	06.00-08.30	16.00-21.30
<b>Weekends:</b>		
Saturday	08.00-16.00	
Sunday	08.00-15.00	