

# 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>	30 mins	3d Team	Gym Floor
	6.35pm	<b>3d SPIN</b>	35 mins	3d Team	Studio
	7.15pm	<b>ABS BLAST</b>	30 mins	3d Team	Studio
<b>TUES AM</b>	6.15am	<b>FWU</b>	45 mins	3d Team	Gym Floor
<b>TUES PM</b>	5.30pm	<b>LBT</b>	45 mins	Sara	Studio
	6.20pm	<b>3d LIFT</b>	45 mins	Jonty	Gym Floor
	6.20pm	<b>DANCIFY-FIT</b>	45 mins	SJ	Studio
	7.15pm	<b>3d PUMP HITT</b>	35 mins	Jonty	Studio
<b>WED AM</b>	6.15am	<b>POWER HOUR</b>	45 mins	Stephen	Gym Floor
<b>WED PM</b>	6.00pm	<b>SCHWINN CYCLING</b>	45 mins	Lou	Studio
	7.00pm	<b>SUPER CIRCUITS</b>	60 mins	3d Team	Gym Floor
<b>THU AM</b>	6.15am	<b>FWU</b>	45 mins	3d Team	Gym Floor
<b>THU PM</b>	5.25pm	<b>DANCIFY-KIDZ Yr 2-5</b>	45 mins	SJ	Studio
	6.00PM	<b>3d ROX</b>	60 mins	Brett	Gym Floor
	6.10pm	<b>DANCIFY-KIDZ Yr 6-9</b>	45 mins	SJ	Studio
	7.00pm	<b>3d STEP</b>	35 mins	Brett	Studio
	8.00pm	<b>FIT TOGETHER**</b>	60 mins	3d Team	PT Suite
<b>FRI PM</b>	6.20pm	<b>PUNCH FIT</b>	45 mins	Brett	Studio
	7.15pm	<b>3d DIMENSIONS</b>	45 mins	3d Team	Studio
<b>SAT</b>	10.30am	<b>FUNCTIONAL TRAINING CIRCUITS</b>	45 mins	3d Team	Gym Floor

Book  
Dancify-Kidz  
Here



\* Half Termly Booking & Commitment - You book one, you book them all

\*\*Fit together is a 12 week subscription only course

• Every 4 weeks

**VIRTUAL VIDEO CLASSES** available when the Studio is not in use to Silver, Gold & Platinum Members. Ask a member of the 3d team for a demonstration.

Book a Class or  
Course Here



# CLASSED DESCRIPTIONS

## 3d DIMENSIONS

Delivered live in the studio. 3d Dimensions is a HIIT class which moves through 4 different sections. Our different varieties of DIMENSIONS are: **CARDIO:** Combat, Core, Compound & Cardio. **MIX:** Cardio, Upper, Lower & Abs. **STRENGTH:** Upper, Lower, Abs & Core

## 3d PUMP HIIT

The 3d PUMP HIIT is a high-energy workout combining HIIT and strength training. With intense bursts of activity and brief recovery periods, it targets all major muscle groups. Led by Jonty this class helps participants build muscle, burn fat, and improve overall fitness in a supportive environment.

## 3d SPIN

With a New Focus on our indoor cycling this Spin in the primetime Monday night slot will alternate weekly between our TABATA and EXPRESS versions in the usual HIIT interval and high energy style our members and customers have become accustomed to!

## 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 4 weeks.

\*Half-Termly Booking & Commitment - You book one, you book them all

## 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](https://3dleisure.childcare-online-booking.co.uk)

## 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.

## 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)

## 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.

## 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

## 3dROX

Join us for a fresh take on the classic Hyrox workout, now with a twist in our unique 3D gym. Get ready for a fun, full-body challenge that combines the best of Hyrox with something a little different. Perfect for all fitness levels!

## 3d LIFT

Get ready to push your limits with our high-energy barbell class! Whether you're aiming to get stronger or just crush a solid workout, this class will have you lifting, sweating, and feeling unstoppable.

## SGPT

Small Group Personal Training session for Platinum Package Members - Cohort 1

## SUPER CIRCUITS

Our extremely popular circuit class resides in the studio. 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.

## 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.

### Course includes:

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

- 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.

