

# CLASS TIMETABLE

DAY	Time	Title	Instructor	Location
MON	6.15 - 7.00am	<b>FUNCTIONAL WAKE UP</b>	3d Team	Gym Floor
	5.30 - 6.30pm	<b>YOGA</b>	Sara	Studio
	6.00 - 6.30pm	<b>KETTLEBELLS</b>	3d Team	Gym Floor
	6.35 - 7.10pm	<b>3d SPIN</b>	3d Team	Studio
	7.15 - 7.45pm	<b>ABS BLAST</b>	3d Team	Studio
TUE	5.15 - 6.15pm	<b>PILATES</b>	Sara	Studio
	6.20 - 7.05pm	<b>DANCIFY-FIT</b>	SJ	Studio
	7.15 - 7.50pm	<b>3d PUMP HIIT</b>	Jonty	Studio
WED	6.15 - 7.00am	<b>KICKSTART</b>	Nicki	Gym Floor
	6.00 - 6.35pm	<b>TABATA SPIN</b>	3d Team	Studio
	6.45 - 7.45pm	<b>SUPER CIRCUITS</b>	3d Team	Studio
THU	6.15 - 7.00am	<b>POWER HOUR</b>	3d Team	Gym Floor
	5.25 - 6.10pm	<b>DANCIFY-KIDZ Yr 2-6</b>	SJ	Studio
	6.00 - 7.00pm	<b>3d ROX</b>	3d Team	Gym Floor
	6.10 - 6.55pm	<b>DANCIFY-KIDZ Yr 7-10</b>	SJ	Studio
	7.00 - 7.35pm	<b>PUNCH FIT</b>	Brett	Studio
	8.00 - 9.00pm	<b>FIT TOGETHER**</b>	Brett	PT Suite
FRI	6.30 - 7.05pm	<b>3d STEP</b>	3d Team	Studio
	7.10 - 7.45pm	<b>ABS BLAST</b>	3d Team	Studio
SAT	10.30 - 11.15am	<b>FUNCTIONAL TRAINING CIRCUITS</b>	3d Team	Gym Floor

**BOOK  
DANCIFY-KIDZ**



\* 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**



## Functional Wake up

An early morning functional training circuit to wake your body up with an endorphin explosion to invigorate you ready for the day.

## Yoga with Sara

A gentle blend of movement and breath to improve flexibility, strength and relaxation.

## Kettlebells

Total body, strength and tone workout with the queen 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.

## 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!

## Abs 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 with SJ

Love the beats! Street dance fitness featuring hip hop, commercial and dancehall style with the freedom to lose yourself in the moment.

## 3d Pump Hiit

3d pump Hiit is a high-energy workout combining HIIT and strength training to build muscle, burn fat, and boost overall fitness.

## Power Hour

Power Hour is a full-body workout using varied equipment to improve strength, mobility, posture, joint stability, and overall bone health through compound exercises and resistance training.

## Kickstart

Kickstart your morning with a circuit-based combat exercise class! This high-energy session is packed with full-body exercises, including punch and kick techniques. A brilliant way to boost your fitness, build strength, and start your morning feeling powerful and motivated.

## Tabata Spin

Get ready to power through 35 minutes of heart-pumping, fat-burning intensity in our Tabata Spin class! This high-energy cycling session is based on the Tabata training protocol: 20 seconds of all-out effort followed by 10 seconds of rest, repeated for maximum results.

## 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.

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

## 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!

## Punch Fit

A high-energy boxing-inspired workout combining punches, cardio, and strength for fitness and stress relief.

## 3d Step

Step Class using bodyweight and our Reebok step benches. All the benefits of aerobic exercise, high energy and lower body strengthening.

## 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, including optional cardio "HIIT" Intervals and fun finishers should you want to boost the intensity!

## Pilates with Sara

A core-focused class to improve strength, posture and mobility through controlled movements.

## 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)

## Day membership available

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

## 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. – ask a member of the team

## Course includes:

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

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

