

3d @ Home Live Class Timetable - SEPTEMBER



MORNING CLASSES

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	HIIT 06:50 30 mins Charlotte Bane						
7:00		YOGA 07:00 30 mins Naz Fisher		TABATA HIIT 07:00 30 mins Naz Fisher			
7:30	INDOOR CYCLE 07:30 45 mins Debbie Jones		FUNCTIONAL WEIGHTS 07:30 45 mins Debbie Jones		INDOOR CYCLE 07:30 45 mins Kerry Ramsay		
8:00		LBT 08:00 30 mins Charlotte Bane		PILATES 08:00 45 mins Kerry Ramsay		HIIT & CORE 08:00 45 mins Charlotte Bane	
8:30							
9:00						FITNESS PILATES 09:00 45 mins Gail Harkness	
9:30	LOW IMPACT AEROBICS 09:15 45 mins Naz Fisher		SENIOR STRETCH & TONE 09:30 30 mins Debbie S		YOGALATES 09:15 45 mins Naz Fisher		
10:00			SENIOR YOGA 10:00 45 mins Ricky Stewart			HOME CIRCUITS 10:00 30 mins Rob Sewell	HIIT 10:15 30 mins Mike Hurst
10:30	POSTURE, CORE, BALANCE 10:15 45 mins Mike Hurst				SENIOR CYCLE 10:15 45 mins Janice Wheeler		

LUNCHTIME CLASSES

12:00		CALISTHENICS SKILLS 12:00 45 mins Ricky Stewart	ZUMBA 12:30 45 mins Marie Tur		FBX 12:30 45 mins Gail Harkness		
13:00		TONE & STRETCH 13:00 30 mins Natalie Glover		FREESTYLE COMBAT 13:00 30 mins Natalie Glover			
14:00	REST BASED TRAINING 14:00 30 mins Ricky Stewart						

AFTERNOON/EVENING CLASSES

16:00		HIIT STEP 16:00 30 mins Debbie Savage	HOME CIRCUITS 16:00 30 mins Rob Sewell	CORE ABS 16:00 30 mins Naz Fisher		FACEBOOK MONTHLY SPECIAL TALK	
17:00							
18:00	BODY CONDITIONING 18:00 30 mins Naz Fisher		STRENGTH & ABS BLAST 18:00 45 mins Charlotte Bane	STEP 18:00 45 mins Kerry Ramsay	PILATES 18:00 45 mins Kerry Ramsay	1 ST & LAST SAT OF THE MONTH Q & A 18:00 Will Harper	3RD SUNDAY OF THE MONTH NUTRITION & RUNNING Q & A 18:00 Claire Carlin
19:00	FLEX & FLOW 19:00 30 mins Naz Fisher	HULA 19:00 45 mins Janice Wheeler	POSE BARRE 19:00 45 mins Naz Fisher	FBX 19:00 45 mins Debbie Savage		FACEBOOK MONTHLY RICKY MIXOLOGY	
20:00		YOGA SCULPT 20:00 30 mins Debbie Jones					
21:00							STRESS BUSTER 20:45 30 mins Debbie Jones

AT STUDIO

AT HOME

ON THE FREE PAGE & CLOSED GROUP

3d @ Home Live Class Descriptions



INDOOR CYCLE

On your indoor bike, strap in get ready for a high intensity workout that is awesome for developing aerobic fitness.

LOW IMPACT AEROBICS

A more basic choreographed aerobic workout. Burning calories, improving flexibility and toning-up all guaranteed.

POSTURE / CORE / BALANCE

A great workout with a focus on correct posture while stretching the body and working on your core muscles.

REST BASED TRAINING

This is a 15-minute circuit class where you work, till you need to rest, join back in when you can go again. Perfect for all levels, body weight exercises regressed and progressed to your level!

BODY CONDITIONING

This is a whole-body workout that will improve your overall fitness. Get ready to sweat!

FLOW & FLEX

Combining Yoga, Pilates, and Tai Chi- movements along with flexibility exercises helping to develop a strong, toned, and flexible body. Mind and body together in harmony, creating a sense of calm and well-being.

YOGA

An ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. Movements are designed to increase strength, flexibility and breathing.

HIIT

High Intensity Interval Training. This class will work your whole body and push you to your max with short recovery periods pushing you to your limit.

HIIT & CORE

This intense workout will work your whole body and push you to your max with short recovery periods.

PENALTY BOX

A 30-minute complete body workout designed to burn calories and get you the physical conditioning necessary to perform at the top of your game!

FAMILY FITNESS

A class with a mixture of exercises for the whole family to get involved in! Great family fun.

CALLISTHENICS SKILLZ

Learn the secrets to getting good at body weight exercises. Learn to hand balance, pistol squat and some other skills.

HULA

Hula hooping tones muscles, increases stamina, improves coordination, increases flexibility, and reduces stress—all whilst having lots of fun!

YOGA-SCULPT

Yoga that uses some household adapted hand weights and high-intensity cardio activity for a maximum calorie-burning effect. A new dimension to traditional yoga classes.

FUNCTIONAL WEIGHTS

A full body exercise class using weights. This class is based around movements and activities that you do in everyday life.

DESTRESS & RELAXATION

A chilled session aimed to re-balance and restore busy minds and bodies.

SENIOR YOGA

More sedate Yoga movements targeted for the 'senior exerciser'.

ZUMBA

A class that mixes low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

FAMILY BOOTCAMP

A class for the whole family to get involved in! A mixture of exercises, designed to build strength in all muscle groups and cardio exercises to push the heart rate up!

STRENGTH & ABS BLAST

Designed to build and develop strong muscles in every muscle group. A chance to get creative with your home gym kit - chairs/cartons/ dumbbells/backpacks and plenty of bodyweight exercises!

POSE BARRE

A conditioning class performed as part of a dancers' schedule, floor barre is designed to increase flexibility, coordination, strength and control, and body alignment.

TABATA HIT

Interval training with 20 sec bursts of max effort with 10 seconds recovery. Sound tough? It is!

PILATES

Offering mental and physical benefits this class concentrates on strengthening the body with an emphasis on core strength, posture, and balance.

FREESTYLE COMBAT

A cardio workout with combat moves inspired from boxing and kickboxing. Unleash your inner warrior!

FAMILY YOGA

A chance to share your love of Yoga with your loved ones. Suitable for all fitness levels, this class will offer all the basics of yoga in a gentle and fun format.

STEP

A fun up beat aerobic workout with or without a step.

HIIT STEP

This intense workout will work your whole body. Workout with or without a step.

FBX (FAT BURN EXTREME)

This is a 20 min fat burn workout. Maximum results in minimum time. An intense workout but with rest periods as and when required. Boosts metabolism, improves speed, power and strength.

YOGALATES

Yoga and Pilates are now joined at the hip. This new trend is edging its way into health clubs and studios across the UK.

SENIOR CYCLE

More sedate Cycle targeted for the 'senior exerciser'.

LBT

A lower body workout that aims to tone up thighs, bum, and stomach. A classic favourite!

CORE & ABS

Strengthen your whole core with this 3 dimensional workout.

FITNESS PILATES

This workout will improve overall body strength with the emphasis being on back and core muscles improving, posture, mobility, joints, and body muscle tone.

STONE & STRETCH

Tone your whole body and stretch out all those tight muscles

STRESS BUSTER

Mindful relaxation exercise techniques for both physical and mental well-being.

LIVE SESSIONS LISTS

FITNESS Q&A

Our fitness expert will answer all your questions on any fitness related topic..

MIXOLOGY

Ricky is a resident mixologist who has been in the cocktail business for over 15 yrs. Learn how to make delicious home-made syrups and cordials, how to mix flavours and shake up your favourite concoctions.

NUTRITION Q&A

Our nutrition expert will answer all of your questions on nutrition related topics.