

3d @ Home Live Class Timetable - NOVEMBER



MORNING CLASSES

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------|---|--|---|---|--|---------------------------------------|--------|
| 06:55 | BODY BLAST 30mins Paulina | CORE & STRETCH 30mins Paulina | INDOOR CYCLE 30mins Janice | TABATA HIIT 30mins Charlotte | HOME CIRCUITS 30mins Rob | | |
| 07:30 | INDOOR CYCLE 45mins Debbie J | FULL BODY HIIT 30mins Helen | FUNCTIONAL WEIGHTS 45mins Debbie J | FBX 45mins Gail | INDOOR CYCLE 45mins Kerry | | |
| 09:00 | LOW IMPACT HIIT 30mins Charlotte | UPPER BODY STRENGTH 30mins Gemma | PILATES 45mins Kerry | LOWER BODY STRENGTH 30mins Gemma | BODY XTREME (09:30) 45mins MICHELLE | HOME CIRCUITS 30mins Rob | |

LUNCHTIME CLASSES

| | | | | | | | |
|-------|--|--|--------------------------------------|--|--|--|---|
| 12:00 | 3D DIMENSIONS 30mins Mike | FUNCTIONAL CONDITIONING YOGA 30mins Ricky | HIIT STEP 30mins DEBBIE | ABS BLAST 30mins Debbie S | FITNESS PILATES 30mins Gail | | SUNDAY SPOTLIGHT SPECIAL Different instructor each week |
| 13:00 | | TONE & STRETCH 30mins Natalie | | FREESTYLE COMBAT 30mins Natalie | | | |

EVENING CLASSES

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|-------|--|--|--|----------------------------------|-----------------------------------|--|--|
| 17:00 | LBT 30mins Chrissie | | | | | | |
| 18:00 | FUNCTIONAL CIRCUIT 30mins Paulina | BODY BLAST 30mins Charlotte | HIIT 30mins Charlotte (week 1 & 3), Paulina (week 2 & 4) | STEP 45mins Kerry | PILATES 45mins Kerry | | |
| 19:00 | | INDOOR CYCLE 45mins Janice | POSE BARE 45mins Naz (from the vault) | FBX 45mins Debbie S | | | |
| 20:00 | | YOGA SCULPT 30mins Debbie J | | | | | |

KEY

- 30 minute class
- 45 minute class
- Studio class
- Lockdown Special

MONTHLY SPECIALS

| MONTHLY GUEST/SPECIAL TALK | LIVE Q&A WILL/RICKY/CLAIRE | RICKY'S MIXOLOGY | BAKE WITH BANE/ON THE HOB WITH ROB | Special Class | SUNDAY SPOTLIGHT |
|----------------------------|----------------------------|--------------------------|------------------------------------|-----------------------------|------------------|
| One Saturday every month | One Saturday every month | One Saturday every month | Once a month (alternate) | Once a month (On free page) | Once a week |

3d @ Home Live Class Descriptions



3D DIMENSIONS

Our trademark. Every company has one and this is ours. 3 variations of High Intensity Interval Training (HIIT); Strength, Strength and Cardio & Cardio. 24 Minutes, one great workout.

BODY 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!

BODYXTREME

An all over body workout using different training techniques to keep your body guessing. A mixture of body weight and weighted exercises broken down into 3 stages, cardio, legs and arms. Great workout for all abilities

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.

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.

FREESTYLE COMBAT

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

FULL BODY HIIT

Want a quick and intense workout that you know is going to work every muscle in your body? Look no further. 30 minutes of hard work & sweat coming right up.

FUNCTIONAL CIRCUIT

We aren't linear creatures, we twist and turn. Functional circuits will get you working your full body with a range of different exercises in a station like set up.

FUNCTIONAL WEIGHTS

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

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.

HOME CIRCUITS

A station/round based workout using nothing but a small space and objects found in the home. Don't be mistaken though, this is still hard work.

INDOOR CYCLE

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

LBT

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

LOW IMPACT AEROBICS

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

LOW IMPACT HIIT

Like the thought of High Intensity Interval Training (HIIT) and don't want to put your joints and body through too much stress? This is the class for you. It is exactly what is say's on the tin.

PILATES

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

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.

STEP

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

TABATA HIT

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

TONE & STRETCH

Tone your whole body and stretch out all those tight muscles

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.

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.

SPECIALS

MONTHLY GUEST/TALK

One Saturday every month we are going to have a special guest speaking on the page, talking around their area of expertise, treat it like a free educational lecture. New knowledge is guaranteed.

LIVE Q&A WITH WILL/RICKY/CLAIRE

Once a month either Will, Ricky or Claire will be going live on our free page. All 3 of them bring something different to the table. Get your questions ready, a great opportunity to learn something new and interact with one of our team.

RICKY'S MIXOLOGY

We all like a cocktail or mocktail don't we?! Something a bit different for a fitness page to offer but definitely one you don't want to miss. Our very own Ricky is the cocktail master and one Saturday every month he is going to take you through how to make some of the worlds famous cocktails. Keep an eye out over on our free page.

BAKE WITH BANE/ON THE HOB WITH ROB

We all like a treat, as health professionals we know that. We want to bring you some amazing recipes that can help satisfy those cravings (good or bad). These videos will make your mouth water, you have been warned. We will bring you one of these videos every month, keep an eye out over on our free page.

SUNDAY SPOTLIGHT

Sundays are a day to relax, unwind ready for the week ahead and that's exactly what our instructors will be doing too. Therefore at 12pm every Sunday we will be sharing something from one of our amazing instructors, whether that be a class or a little bit about them.