

# 3d @ Home Live Class Timetable - SEPT



## MORNING CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:55	<b>FBX (07:00)</b> myzone 30mins Mark	<b>CORE &amp; STRETCH</b> 30mins Kata					
08:00		<b>INDOOR CYCLE</b> myzone 30mins Kerry		<b>FBX</b> 45mins Gail	<b>INDOOR CYCLE</b> 45mins Kerry		<b>YOGA</b> 45mins Louise
09:00	<b>LOW IMPACT HIIT</b> 30mins Kata	<b>LBT</b> 30mins Mark H	<b>PILATES</b> 45mins Kerry	<b>PILATES (9:30am)</b> myzone 1 hour Ricky	<b>UPPER BODY STRENGTH</b> 30mins Mark H		
11:00	<b>PILATES</b> myzone 1 hour Ricky						

## LUNCHTIME CLASSES

12:00	<b>KETTLEBELLS (12:05)</b> myzone 20mins Mark	<b>FUNCTIONAL CONDITIONING YOGA</b> 30mins Ricky	<b>HIIT STEP</b> 30mins Debbie	<b>ABS BLAST</b> 30mins Debbie S	<b>FITNESS PILATES</b> 30mins Gail		
13:00		<b>SUPER SWISS</b> 30mins Natalie	<b>INDOOR CYCLE (12:30)</b> myzone 30mins Mike	<b>FREESTYLE COMBAT</b> 30mins Natalie			

## EVENING CLASSES

17:00	<b>TABATA KETTLEBELLS</b> 20mins Mark	<b>KETTLEBELLS (16:30)</b> myzone 20mins Mark	<b>TEATIME GROOVES</b> 30mins Kim	<b>FBX (16:30)</b> myzone 30mins Mark			
18:00		<b>BODY CONDITIONING</b> 30mins Judy		<b>STEP</b> 45mins Kerry	<b>PILATES</b> 45mins Kerry		
19:30					<b>TABATA BOX</b> myzone 30mins Lori		

### KEY

- 30 minute class
- 45 minute class
- Studio class
- Myzone class

### 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
One Saturday every month	One Saturday every month	One Saturday every month	Once a month (alternate)	Once a month (On free page)

# 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!

## CORE & STRETCH

Let's blitz those abs and stretch and release that tension our body is holding with a range of different stretches. A class for everyone.

## 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.

## FLOW

Full body stretch class which uses moves from Yoga and can improve your flexibility and mobility.

## FREESTYLE COMBAT

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

## HIITCARDIO

This is not one for the faint hearted. A very high intensity 30 minute class with explosive moves and tunes. No equipment needed just loads of energy.

## INDOOR CYCLE

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

## 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 it says 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.

## SUPER SWISS

Through the use of a core stability ball. Super Swiss is a non-impact class which targets all the muscles that make up the core region which will help improve balance, muscular endurance, mobility of the spine and overall posture.

## TABATA

A short explosive workout that isn't for the faint hearted, designed to push you to your limits in just under half an hour

## TABATA HIT

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

## TEATIME GROOVES

Nothing better than a boogy after work to get those endorphins flowing. A class with a mixture of Latin grooves and basic dance aerobics to finish your day on a high.

## UPPER BODY TONE & SCULPT

An upper body workout that aims to tone up arms, abs and back. A classic favourite!

## 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.



Using the MyZone app, participants join a class and get visual and audio feedback in real time on effort and form through targeted heart rate training.

## 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.