

3d @ Home Live Class Timetable - AUG



MORNING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00 - 07:30 FBX myzone Mark	08:00 - 08:30 INDOOR CYCLE myzone Kerry	08:00 - 08:30 HIIT STRENGTH Kata	08:00 - 08:45 FBX Gail	08:00 - 08:30 INDOOR CYCLE Kerry		
09:00 - 09:30 LOW IMPACT HIIT Kerry		09:00 - 09:45 PILATES Kerry		09:15 - 09:45 HIIT CIRCUIT Debbie		

LUNCHTIME CLASSES

	12:00 - 12:30 FUNCTIONAL CONDITIONING YOGA Ricky	12:00 - 12:30 HIIT STEP Debbie		12:00 - 12:30 FITNESS PILATES Gail		
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EVENING CLASSES

			16:30 - 17:00 FBX myzone Mark	18:00 - 18:45 PILATES Kerry		
			18:00 - 18:45 STEP Kerry			

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



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.

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 is 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.

TABATA HIT

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



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.