

# 3d @ Home Live Class Timetable



## MORNING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
06:30 - 07:20 <b>CARDIO CLUB</b> myzone	06:30 - 07:20 <b>BURN</b> myzone	06:30 - 07:20 <b>CARDIO CLUB</b> myzone	06:30 - 07:20 <b>BURN</b> myzone	08:00 - 08:30 <b>INDOOR CYCLE</b> Kerry
09:00 - 09:30 <b>LOW IMPACT HIIT</b> Kerry	07:45 - 08:30 <b>SPIN</b> myzone	09:00 - 09:45 <b>PILATES</b> Kerry	08:00 - 08:45 <b>FBX</b> Gail	09:15 - 09:45 <b>HIIT CIRCUIT</b> Debbie
09:30 - 10:20 <b>CARDIO CLUB</b> myzone	09:30 - 10:20 <b>BURN</b> myzone		09:30 - 10:20 <b>BURN</b> myzone	

## LUNCHTIME CLASSES

12:30 - 13:20 <b>CARDIO CLUB</b> myzone	12:00 - 12:30 <b>STRENGTH AND CONDITIONING</b>	12:00 - 12:30 <b>HIIT STEP</b> Debbie		12:00 - 12:30 <b>FITNESS PILATES</b> Gail
	12:30 - 13:20 <b>BURN</b> myzone			
	13:30 - 14:20 <b>CARDIO CLUB</b> myzone			

## EVENING CLASSES

18:00 - 18:30 <b>YOGA</b> Michaela	17:30 - 18:20 <b>CARDIO CLUB</b> myzone	17:30 - 18:20 <b>BURN</b> myzone	18:00 - 18:45 <b>PILATES</b> Kerry
	18:30 - 19:20 <b>BURN</b> myzone	18:00 - 18:45 <b>STEP</b> Kerry	

# 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.

## **HIIT STEP**

A workout which involves quick bursts of energy with quick resting periods while following a step routine.

## **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.

## **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!

## **YOGA**

A systematic practice of physical exercise, breath control, relaxation, and positive thinking.



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.