

# 3d @ Home Live Class Timetable - JANUARY



## MORNING CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:55	<b>BODY BLAST</b> 30mins Paulina	<b>CORE &amp; STRETCH</b> 30mins Paulina	<b>UPPER BODY STRENGTH</b> 30mins Gemma	<b>YOGA</b> 45mins Helen	<b>BODYWORX</b> 30mins Rob		
07:30	<b>INDOOR CYCLE</b> 45mins Debbie J	<b>FULL BODY HIIT</b> 30mins Helen	<b>FUNCTIONAL WEIGHTS</b> 45mins Debbie J	<b>FBX (8:00am)</b> 45mins Gail	<b>INDOOR CYCLE</b> 45mins Kerry		
09:00	<b>LOW IMPACT HIIT</b> 30mins Charlotte		<b>PILATES</b> 45mins Kerry		<b>LOWER BODY STRENGTH</b> 30mins Gemma	<b>BODYWORX</b> 30mins Rob	

## LUNCHTIME CLASSES

12:00	<b>3D DIMENSIONS</b> 30mins Mike	<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		<b>SUNDAY SPOTLIGHT SPECIAL</b> Different instructor each week
13:00	<b>LUNCH TIME GROOVES</b> 30mins Kim	<b>TONE &amp; STRETCH</b> 30mins Natalie		<b>FREESTYLE COMBAT</b> 30mins Natalie			

## EVENING CLASSES

17:00	<b>LBT</b> 30mins Chrissie		<b>TEATIME GROOVES</b> 45mins Kim		<b>OLD FAVOURITES</b> Various Instructors (from the vault)		
18:00	<b>T4T (Time 4 Tabata)</b> 30mins Paulina	<b>BODY BLAST</b> 30mins Charlotte	<b>HIIT</b> 30mins Charlotte (week 1 & 3), Paulina (week 2 & 4)	<b>Freestyle Dance Step</b> (Week 1&3) <b>Simple Dance Step</b> (Week 2&4) 45mins Kerry	<b>PILATES</b> 45mins Kerry		
19:00	<b>PURE STRETCH</b> 30mins Janice	<b>INDOOR CYCLE</b> 45mins Janice		<b>FBX</b> 45mins Debbie S			

### KEY

- 30 minute class
- 45 minute class
- Studio 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	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!

## BODYWORX

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.

## 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.

## 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 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.

## 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 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.

## PURE STRETCH

Pure Stretch is a fun flowing stretch class incorporating core strength and relaxation techniques.

## T4T

It's Time 4 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.

## STONE & 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.

## 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.