

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|--|---|---|---|---|
| 09.30 – 10.30 AEROBIC BODY WORK-OUT Studio 1 | 06.40 – 07.25 SPIN Studio 2 | 09.30 – 10.30 TOTAL BODY CONDITION-ING Studio 2 | 06.40 – 07.25 SPIN Studio 2 | 06.40 – 07.25 SPIN Studio 2 | 08.30 – 09.30 SPIN Studio 2 | 09.30 – 10.30 INTERVALS Studio 2 |
| 09.30 – 10.00 ABS Studio 2 | 09.30 – 10.30 TOP TO TOE COMBO Studio 1 | 09.30 – 10.30 FITDANCE Studio 1 | 09.30 – 10.30 BODYFIT Studio 1 | 09.30 – 10.30 HIT Studio 1 | 09.00 – 10.00 STEP Studio 1 | |
| 10.00 – 10.30 POWERPLATES Gym | 11.00 – 12.00 PILATES Studio 1 | 11.00 – 12.00 PILATES Studio 1 | 11.00 – 12.00 PILATES Studio 2 | 11.00 – 12.00 PILATES Studio 1 | 10.15 – 11.15 BODY CONDITIONING Studio 1 | |
| 11.00 – 12.00 YOGA/PILATES FUSION Studio 1 | 13.00 – 14.00 YOGA Studio 1 | 12.30 – 13.15 SPIN Studio 2 | 18.15 – 19.15 BODYCON Studio 1 | 18.10 – 19.10 SPIN Studio 2 | 12.00 – 13.00 TAEKWONDO Studio 1 | |
| 18.10 – 19.10 ZUMBA Studio 1 | 18.00 – 19.00 LEAN ARMS, BUMS & TUMS Studio 1 | 17.30 – 18.00 ABS Studio 1 | 18.15 – 19.15 PILATES Studio 2 | | | |
| 18.10 – 19.10 SPIN Studio 2 | 19.15 – 20.15 CLUBBERCISE Studio 1 | 18.10 – 19.10 YOGA/PILATES FUSION Studio 1 | 18.30 – 19.00 POWERPLATES® Gym | | | |
| 18.30 – 19.00 POWERPLATES® Gym | 20.30 – 21.15 CLUB-A-SPIN Studio 2 | 18.35 – 19.20 SPIN Studio 2 | 19.30 – 20.30 INTERVALS Studio 2 | | | |
| 19.30 – 20.30 CIRCUITS Studio 1 | | 19.30 – 20.30 BOOT CAMP Studio 1 | 19.30 – 21.00 YOGA Studio 1 | | | |

CLASS TIMETABLE

dare to be different

3d health
& fitness

SPIN

A cardiovascular workout where the emphasis is on having fun, improving stamina and toning the body.

AEROBIC BODY WORKOUT

It gives you a bit of everything: Aerobics, spending time body toning, using weights/resistance bands, with a stretch and cool down to finish. A great workout for all levels.

FAST CLASSES

Introduction to different classes or just use for a top up to your training. Includes cardio, abs, functional training, HIT and Powerplates.

POWERPLATES®

Using accelerated technology to improve fitness. It will improve fitness, stamina, muscle tone and releases good endorphins.

ZUMBA

Latin inspired and easy to follow. A great calorie burner. Feel the music, let loose, and enjoy this dance fitness class.

YOGA/PILATES FUSION

Yoga postures for flexibility, strength and stamina combined with Pilates core control. A class that will guarantee to leave you restored & refreshed!!

CIRCUITS & BOOTCAMP

Works multiple muscle groups, using a variety of workouts. Perfect for anyone who likes something different and challenging.

BOXERCISE

A great mixture of boxing techniques which can be used on their own or with a circuit that can achieve great cardiovascular and toning results.

CLUB-A-SPIN

Fun, fast paced spin class for all abilities with disco lights!

CLUBBERCISE®

Simple, fun dance fitness routines using glow sticks to club anthems from 90Ds classics to the latest chart hits taught in a darkened room with disco lights.

TOP TO TOE

A combination of low aerobics, body conditioning, stretching and some relaxation. Suitable for all levels.

PILATES

Come and learn how to improve posture, alignment and balance. Improve core strength and have fun.

ARMS,BUMS & TUMS

A full body workout, focusing on strength, toning and improving fitness.

YOGA

Iyengar Yoga from Pune, India. Building strength, stamina, mobility, stability and alignment slowly and progressively. For any bodies at any age.

FITDANCE

Line Dancing with hint of Latin flare, have fun,workout. A dance class for all levels.

BODYFIT

A low impact, strength and tone class. Suitable for all levels.

BODYCON

A contemporary conditioning class that tones and firms muscles, improves posture, flattens the abdominal area. A total body workout

HIT

High intensity training. HIT is a full body workout designed to push you to the limit. Not only a fantastic cardiovascular workout but great for fat loss. Prepare to work hard, not for beginners.

STEP

A fun, energetic class based on step routines. A great fat burner.

INTERVALS

Physical training of low - high intensity workouts with rest/relief periods.

ABS

Strengthen and tone that all important core.

CLASS DESCRIPTIONS

dare to be different

3d health
& fitness