

# CLASS TIMETABLE

From January 2026

**3d** health  
& fitness

All classes must be pre booked 6 days in advance and if you can't attend then please let us know.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
13.30 - 14.15 <b>AQUA</b>	11.00 - 11.30 <b>GENTLE CIRCUITS</b>	06.45 - 07.30 <b>SPIN</b>	09.30 - 10.15 <b>AQUA</b>	11.00 - 11.45 <b>LATIN FUSION</b>
17.45 - 18.30 <b>FIT CAMP</b>	18.00 - 18.45 <b>BOX FIT</b>	11.00 - 11.45 <b>LBT</b>	18.00 - 18.45 <b>BOX FIT</b>	
18.30 - 18.45 <b>FAST ABS</b>	18.45 - 19.00 <b>CORE</b>	18.30 - 19.30 <b>PILATES</b>	18.45 - 19.00 <b>AB ATTACK</b>	
19.00 - 19.30 <b>SPIN</b>				

For studio based classes a minimum of 3 attendees must be booked on for the class to go ahead

## CLASS DESCRIPTIONS

### AB ATTACK

A short but intense session attacking the core muscles.

### AQUA

A fun way to exercise in the water. Classes focus on aerobic endurance and resistance training.

### BOX FIT

Box Fit is an exercise concept based on the training methods used by boxers. Sessions typically involve hitting focus pads but no class involves hitting an opponent. It is a fun, challenging and safe workout which is great for stress busting, accessible to all ages and fitness levels.

### CIRCUITS

Circuits is a high energy and fast-paced class which involves working your way around different exercise stations performing each exercise as many times as you can in a set time.

### CORE

Work your core muscles to their maximum with an intense core workout.

### GENTLE CIRCUITS

A carefully structured full body exercise class, targeting strength and endurance without impact. Suitable for all ages and abilities, closely monitored to ensure safety with clear demonstrations throughout.

### FIT CAMP

Full body workout incorporating dumbbell, barbell, kettlebell and body weight training.

### LATIN FUSION

A fitness class that involves cardio and Latin inspired dance movements much like Zumba.

### LBT

A fitness class that is aerobic based and uses exercises which targets lower muscle groups such as glutes, hamstrings and quadriceps. As well as using exercises to benefit strengthening core muscles.

### PILATES

Foundational movements, core activation, and breath awareness. Learn correct form and build confidence as you strengthen and lengthen your entire body

### SPIN

Whether you're a serious cyclist or just love the calorie burn of Spinning, this is the class for you! This high energy ride will take you to a new level of fitness using cadence, and heart rate drills. Come on in and reap the benefits!

### PRICES

Free of charge to peak members  
£2.50 to off-peak members during peak hours  
£5 to guests of members