

GROUP EXERCISE

dare to be different

3d health
& fitness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		07:30 TABATA TORCH	07:30 CIRCUIT BLITZ	07:30 3D STRENGTH
	12:00 STRETCH IT OUT		12:00 SERENITY FLOW YOGA	
	15:30 TABATA TORCH	15:30 3D STRENGTH		
17:20 CIRCUIT BLITZ	17:20 3D STRENGTH	17:20 TABATA TORCH	17:20 BOX-HIIT	

All Classes are 30 minutes

3D STRENGTH

Welcome to 3D Strength, where we sculpt your body into a masterpiece of power and definition! This class is meticulously designed to elevate your muscle growth potential through a strategic blend of intense resistance training, heavier weights, and optimized rest intervals. Get ready to embark on a transformative journey that goes beyond conventional workouts, unlocking three-dimensional strength and building a physique that demands attention.

BOX-HIIT

Welcome to BOXHIIT, an exhilarating fusion of boxing and high-intensity interval training designed to elevate your fitness levels and unleash your inner warrior! This class is not just a workout; it's a dynamic collaboration between you and your partner, combining precision pad work with heart-pounding intensity for a truly knockout experience.

CIRCUIT BLITZ

Welcome to Circuit Blitz, a high-energy fitness experience that will electrify your workout routine! This dynamic class is designed to deliver a full-body challenge, combining strength training, cardiovascular exercises, and endurance drills in an efficient circuit format. Say goodbye to monotony and hello to a heart-pounding, calorie-burning session that will leave you invigorated and transformed.

SERENITY FLOW YOGA

Embark on a transformative journey of mind, body, and soul with our Serenity Flow Yoga class. Designed to bring balance, flexibility, and inner peace, this class is a sanctuary for those seeking harmony in the midst of life's demands. Join us as we blend breath, movement, and mindfulness to create a serene space for self-discovery and holistic well-being.

STRETCH IT OUT

Escape the confines of your desk and embrace a revitalizing midday break with "Stretch it Out." This class is your opportunity to indulge in a comprehensive blend of gentle stretches, mobility exercises, and mindful movements designed to liberate your body from the strains of sedentary work and recharge your mind for a productive afternoon.

TABATA TORCH

Welcome to Tabata Torch, where intensity meets efficiency in a workout that will set your fitness goals ablaze! Tabata, a form of high-intensity interval training (HIIT), takes center stage in this exhilarating class designed to push your limits, boost your metabolism, and leave you feeling empowered.

Book your classes now via our website or scan the QR code.

PAYG - £1.50 per class | **Package** - £10 for 10 classes | **MONTHLY** - £12 per month

3dhealthandfitnesscorporate.co.uk

