

TRAIN with the TRAINER

3d health
& fitness

Join our dynamic Train with the Trainer session for a workout led by one of our expert trainers! This small group class is designed to push your limits and challenge your fitness and can vary from strength training, cardio, functional, stretch and yoga (depending on the instructor). With personalized attention and guidance, you'll get the feel of personal training in a motivating group environment.

Expect to learn proper techniques, work at your own pace, and see real progress. Whether you're looking to improve strength, endurance, flexibility, or overall fitness, this class is suitable for all levels.

MONDAY

12:00

17:15

TUESDAY

12:00

17:15

WEDNESDAY

07:30

17:15

THURSDAY

07:30

12:00

17:15

FRIDAY

07:30

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

*Classes will vary in length depending on the session but will be anything between 20-45 minutes. If you have time constraints or specific requests for what you would like to do, this session is designed in a way to be flexible so just speak to the trainer and we will accommodate as best we can.

3dhealthandfitnesscorporate.co.uk

