



JD GYMS CARDIFF- CLASS TIMETABLE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING 6am till 12pm	7:30-8:00 Rig	X-Fit Sam	7:00-7:30 Studio JD Burn Dai	7:30-8:00 Studio JD Burn David	7:30-8:15 Spin Studio Spin Lee	07:00-07:30 Spin Studio Spin Mark	9:30-10:30 Studio Body Combat Sarah B	09:00 - 10:00 Studio Body Combat Christie
	08:00-08:15 Rig	Abs Sam	07:30-07:45 Studio Abs Dai	08:00-08:15 Studio Abs David	09:00-09:30 Gym Floor PT Drop in Lee	07:30-08:00 Studio JD Burn Sam	10:15-11:00 Spin Studio Spin Lee	10:00-10:30 Gym Floor PT Drop in Dai
	10:00-10:30 Gym Floor	PT Drop in Sam	07:30-08:00 Spin Studio HIIT Spin Faye	11:00-11:30 Gym Floor PT Drop in Joey		08:00-08:15 Studio Abs Sam	10:30 -11:30 Studio Body Pump Sarah B	11:30-12:00 Studio JD Burn Dai
			09:30-10:00 Gym Floor PT Drop in Dai			08:45-09:15 Gym Floor PT Drop in Lee	11:00-11:30 Gym Floor PT Drop in Riccardo	12:00-12:15 Studio Abs Dai
		12:15-12:45 Studio	JD Burn Kennedy	12:15-13:00 Studio Spin Mark	12:15-12:45 Studio JD Burn Joey	12:00-12:30 Gym Floor PT Drop in Riccardo	12:00-13:00 Studio Yoga Brenda	12:30-13:00 Rig X-Fit Lee
DAYTIME 12pm till 5pm	12:45-13:45 Studio	Zumba Raquel	13:00-13:30 Rig X-Fit Kjartan	12:45-13:00 Studio Abs Joey	13:00-13:30 Studio JD Burn Riccardo	12:15-12:45 Rig X-Fit Kennedy	13:00-13:15 Rig Abs Lee	14:30-14:45 Rig Abs Jay
	13:00-13:30 Gym Floor	PT Drop in Kennedy	13:30-13:15 Rig Abs Kjartan	13:00-13:45 Spin Studio Spin Simon	13:30-13:45 Studio Abs Riccardo	12:45-13:00 Rig Abs Kennedy	14:00 - 14:30 Gym Floor PT Drop in Lee	15:00-15:30 Gym Floor PT Drop in Jay
				13:00-14:00 Studio Yoga Brenda		12:45-13:15 Spin Studio HIIT Spin David		
						14:00-14:30 Gym Floor PT Drop in Kennedy		
EVENING 5pm till 10pm	17:30-18:00 Studio	HIIT - Strength Faye	16:45-17:15 Studio JD Burn Kjartan	17:30- 18.30 Studio Zumba Raquel	17:30-18:30 Studio Body Combat Faye	17:30-18:00 Rig X-Fit David	18:00 - 18:30 Gym Floor PT Drop in David	18:00 - 19:00 Studio Yoga Cherith
	18:00 - 18:45 Spin Studio	Spin Lee	17:30-18:15 Spin Studio Spin Kjartan	17.45-18:15 Spin Studio HIIT Spin Faye	18:30- 19:15 Spin Studio Spin David	17:30-18:30 Studio Pump Lyndsey		18:30-19:00 Gym Floor PT Drop in Kjartan
	18:00-19:00 Studio	Body Combat Faye	17:30-18:30 Studio Body Pump Sarah	18:30-19:00 Studio HIIT - Plyometrics Faye	18:30-19:30 Studio Pump Lyndsey	17:45 -18:30 Spin Studio Spin Ruth		
	19:00-19:45 Spin Studio	Spin David	18:30-19:30 Studio Body Combat Sarah	18:30-19:00 Gym Floor PT Drop in Dai	19:00-19:30 Gym Floor PT Drop in Jay	18:30-19:30 Studio Turn'd Up Fitness Martina		
	19:00-20:00 Studio	Body Pump Rachael	18:30-19:00 Gym Floor PT Drop in Mike	19:00-19:30 Rig X-Fit Samantha	19:35-20:05 Studio JD Burn James	18:00-18:30 Gym Floor PT Drop in Riccardo		
	20:00-21:00 Studio	Yoga Brenda	19:30-20:30 Studio Turn'd Up Fitness Wendy	19:30-19:45 Rig Abs Samantha	20:15-20:30 Studio Abs James	19:30-20:30 Studio Yoga Cherith		
	19:30-20:00 Rig	X-Fit Jay	20:30-21:30 Studio Yoga Cherith	19:00-19:45 Studio Boxercise Joey				
	20:00-20:15 Rig	Abs Jay						

- CARDIO
- STRENGTH
- INTERVAL
- MIND / BODY
- DANCE
- JD BURN
- PT INDUCTION

ALL CLASSES CAN BE BOOKED AND CANCELLED IN THE MEMBERS' AREA OF THE WEBSITE,
 UP TO 7 DAYS IN ADVANCE.
 PLEASE ENSURE YOU TURN UP ON TIME OR YOU MAY BE REFUSED ENTRY
 PLEASE NOTE THIS TIMETABLE MAY BE SUBJECT TO CHANGE