



# JD GYMS Leeds - CLASS TIMETABLE

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
MORNING 6am till 12pm	06:30-7:00	Spin Studio	Spin Stephen	06:30-7:10	JD Burn JD Burn	06:30-7:00	Spin Studio	06:30-7:15	Studio	06:30-7:00	Spin Studio	09:30-10:15	Spin Studio	09:30-10:15	Studio	
	07:00-7:40	JD Burn	JD Burn PT	07:00-7:45	Studio	07:00-7:30	Rig	09:30-10:00	Spin Studio	07:20-8:00	JD Burn	10:15-10:30	Studio	10:30-11:15	Spin Studio	
	09:30-10:15	Studio	Body Combat Amanda	09:30-10:00	Gym Floor	09:30-10:30	Studio	09:30-10:30	Studio	09:30-10:15	JD Burn	10:30-11:30	JD Burn	10:30-11:15	Studio	
	09:30-10:00	Gym Floor	PT Drop in PT	09:30- 10:15	Spin Studio	09:30-10:00	Gym Floor	10:30-11:00	Gym Floor	09:30-10:00	Gym Floor	10:30-11:30	Studio	11:20-11:35	Studio	
	10:15-10:55	JD Burn	JD Burn Amy	10:30-11:30	Studio	09:45-10:25	JD Burn	10:35-11:25	Studio	10:30-11:30	Studio	11:45-12:15	Gym Floor	11:45-12:15	Gym Floor	
	10:30-11:15	Studio	Body Pump Amanda			10:35-11:35	Studio	Body Balance Amanda								
DAYTIME 12pm till 5pm	12:30-13:10	JD Burn	JD Burn Jess	13:00-13:40	JD Burn	13:00-13:40	JD Burn	12:30-13:10	JD Burn	12:30-13:15	JD Burn	14:00-14:30	Gym Floor	PT Drop in PT		
	12:30-13:00	Gym Floor	PT Drop in PT	13:30-14:00	Gym Floor	PT Drop in PT		14:00-14:30	Gym Floor	PT Drop in PT						
	13:15-13:45	Rig	X Fit Gareth													
	14:00-14:30	Gym Floor	PT Drop in PT													
EVENING 5pm till 10pm	17:30-18:10	JD Burn	JD Burn Ruelle	17:30-18:10	JD Burn	17:30-18:15	Spin Studio	17:30-18:00	Studio	17:30-18:10	JD Burn	16:00-16:30	Rig	16:00-16:30	Rig	
	17:45-18:40	Studio	Body Pump Debbie	17:45- 18:30	Studio	17:30-18:00	Studio	17:30-18:15	Spin Studio	18:15-18:45	Studio					
	18:00-18:30	Gym Floor	PT Drop in PT	18:00-18:45	Spin Studio	18:15-19:15	Studio	18:00-18:40	JD Burn	18:00-18:45	Spin Studio					
	18:45-19:30	Spin Studio	Spin Debbie	18:30-19:00	Gym Floor	18:15-18:55	JD Burn	19:00-20:00	JD Burn							
	19:30-20:10	JD Burn	JD Burn Gareth	18:45-19:45	JD Burn	18:30-19:00	Gym Floor	19:30-20:00	Gym Floor							
	19:30-20:15	Studio	Dance Hannah S	18:45-19:30	Studio	19:00-19:30	JD Burn	20:00-20:30	Spin Studio							
	20:00-20:30	Gym Floor	PT Drop in PT	19:35-20:35	Studio	19:30-20:10	JD Burn	20:30-21:30	Studio							
	20:20-21:20	Studio	Yoga Fiona	20:30-21:00	Gym Floor	19:30-20:30	Studio									
						20:00-20:30	Gym Floor	PT Drop in PT								

- CARDIO
- STRENGTH
- INTERVAL
- MIND / BODY

- JD BURN
- PT DROP IN (Gym)

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