



JD GYMS HUDDERSFIELD - CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING 6am till 12pm	06:30-07:05 Studio JD Burn Polly	06:30-07:15 Studio Box Fit James	06:30-07:15 Studio Body Pump Polly	06:30-07:15 Studio Circuits Anthony	06:30-07:05 Studio JD Burn Graham R	08:15-09:00 Spin Studio Spin Katie	09:00-09:45 Studio Body Combat Emily
	07:15-08:00 Spin Studio Spin Polly	09:45-10:45 Studio Body Pump Aga	07:30-08:05 Studio JD Burn Jonathan	07:15-07:45 Studio Abs Anthony	07:30-08:15 Spin Studio Spin Graham R	08:15-08:50 Studio JD Burn Anthony	10:00-10:35 Studio JD Burn Matthew
	08:15-08:45 Gym Floor Induction Polly	10:30-11:00 Gym Floor Induction Anthony	09:30-10:15 Spin Studio Spin Jonathan	08:15-08:45 Gym Floor Induction Polly	09:30-10:30 Rig X Fit Graham R	09:15-10:15 Studio Body Pump Katie	10:45-11:30 Spin Studio Spin Matthew
	09:45-10:30 Studio LBT Ally	10:50-11:35 Studio Step Aga		09:30-10:05 Studio JD Burn Polly	11:00-11:30 Gym Floor Induction Matthew	10:20-10:50 Studio Core Katie	
	10:35-11:20 Studio Body Combat Ally			10:15-11:00 Spin Studio Spin Polly		11:00-11:30 Studio Stretch Anthony	
	11:30-12:00 Studio Barre Ally						
DAYTIME 12pm till 5pm	12:15-13:15 Studio Pilates Ally	12:30-13:00 Gym Floor JD Burn Anthony	12:30-13:05 Studio JD Burn Aga	12:30-13:00 Spin Studio Spin Nigel	12:15-12:50 Studio JD Burn Matthew	12:00-12:30 Gym Floor Induction Becky	12:00-12:30 Gym Floor Induction James
	12:15-12:45 Spin Studio Spin Graham R	13:45-14:15 Gym Floor Induction Anthony	13:05-13:20 Studio Abs Aga	14:30-15:00 Gym Floor Induction Nigel	12:50-13:05 Gym Floor Abs Matthew	16:15-17:00 Studio- LBT Becky	
	16:15-16:50 Studio JD Burn Damian			16:15-16:50 Studio JD Burn Nigel			
EVENING 5pm till 10pm	17:00-17:45 Studio JD Burn Graham H	17:30-18:05 Studio JD Burn Aga	17:00-17:30 Spin Studio Spin Becky	17:30-18:30 Spin Studio Body Pump Aga	17:00-17:35 Studio JD Burn Damian		17:30-18:00 Rig X Fit Jonathan
	17:45-18:15 Spin Studio Spin Damian	18:00-18:30 Gym Floor Induction Graham H	17:30-18:05 Studio JD Burn Graham	18:30-19:15 Spin Studio Spin James	17:45-18:00 Studio Abs Nigel		
	18:00-19:00 Studio Body Pump Katie	18:15-19:00 Studio Body Combat Caroline	18:15-19:00 Studio Body Pump Polly	18:30-19:15 Studio Step Aga	18:00-19:00 Studio Pilates Jane		
	19:00-19:45 Spin Studio Spin Katie	19:15-20:00 Spin Studio Spin Caroline	19:15-20:00 Studio Body Combat Steph	19:30-20:00 Gym Floor Induction James	19:00-19:30 Gym Floor Induction Nigel		
	19:30-20:05 Studio JD Burn Graham H	19:00-19:30 Studio Barre Emma	19:15-20:00 Spin Studio Spin Polly	19:20-19:50 Studio Barre Emma			
	20:15-20:30 Studio Abs Graham H	19:30-20:00 Gym Floor Induction Aga	20:00-21:00 Studio Pilates Jane	20:00-20:45 Studio Box Fit James			

- CARDIO
- STRENGTH
- INTERVAL
- MIND / BODY

- JD BURN
- INDUCTION (Gym)

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