



JD GYMS WASHINGTON - CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING 6am till 12pm	06:15-07:00 Studio HIIT Andrew	06:15-07:00 Studio Bootcamp John	06:15-07:00 Studio Body Attack Nicola	06:15-06:45 Spin Studio Spin Kirk	06:15-07:00 Studio Strength&Cond Andrew	08:30-09:30 Studio Body Pump Kelda	09:30-10:15 Studio Body Attack Claire
	09:30-10:00 Gym Floor Induction PT	06:15-07:00 Spin Studio Spin Jo	09:00-09:30 Gym Floor Induction PT	07:00-07:30 Gym Floor Induction PT	09:30-10:15 Studio LBT Kim	09:00-09:30 Spin Studio Spin Emma	10:20-11:20 Studio Body Combat Claire
	09:30-10:30 Studio Body Pump Angela	09:30-10:15 Studio Body Attack Nicola	09:30-10:30 Studio Body Pump Jo	09:30-10:15 Studio Body Cond'ing Louise	10:30-11:15 Studio Pilates Kim	09:35-10:05 Studio HIIT Kelda	10:30-11:15 Spin Studio Spin Louise
	10:35-11:20 Studio Yoga Nicola	10:20-11:05 Studio Zumba Nicola	10:35-11:20 Studio Spin Jo	10:20-10:50 Spin Studio Spin Emma	10:00-10:30 Gym Floor Induction PT	10:05-10:35 Studio Abs & Core Kelda	10:30-11:00 Gym Floor Induction PT
		11:00-11:30 Gym Floor Induction PT				10:30-11:00 Gym Floor Induction PT	11:25-12:10 Studio Pilates Claire
DAYTIME 12pm till 5pm	12:15-12:45 Rig Circuit Lewis	12:15-12:45 Rig X Fit Adam	12:15-12:45 Rig Circuit Adam	12:15-12:45 Rig X Fit Andrew	12:15-12:45 Rig Circuit Jack	11:30-12:00 Rig Circuit Andrew	
	17:00-17:30 Studio Metafit Emma	16:30-17:15 Studio Strength&Cond Andrew	17:00-17:30 Spin Studio Spin Stephen	16:30-17:00 Rig Circuit Jason	16:00-16:30 Gym Floor Induction PT	16:20-16:50 Studio Boot Camp Kirk	
EVENING 5pm till 10pm	17:30-18:00 Rig X Fit Johnny	17:00-17:30 Gym Floor Induction PT	17:30-18:00 Rig X Fit Cydney	17:30-18:00 Gym Floor Induction PT	17:00-17:30 Spin Studio Spin Kirk		
	17:30-18:00 Spin Studio Spin Kirk	17:30-18:00 Gym Floor Abs & Core Johnny	17:30-18:15 Studio Body Attack Claire	17:30-18:00 Studio Metafit Julie	17:30-18:00 Rig X Fit Kieron		
	17:35-18:35 Studio Body Pump Teresa	17:30-18:00 Spin Studio Spin Kirk	18:00-18:45 Spin Studio Spin Louise	18:05-18:35 Gym Floor Abs & Core Lewis	17:30-18:15 Studio Body Combat Michelle		
	18:30-19:15 Spin Studio Spin Kim	17:30-18:15 Studio Tabata Angela	18:20-19:20 Studio Body Combat Claire	18:05-18:50 Spin Studio Spin Emma			
	18:30-19:00 Gym Floor Induction PT	18:20-19:20 Studio Body Pump Angela	18:30-19:00 Gym Floor Induction PT	18:15-19:15 Studio Zumba Julie			
	18:40-19:25 Studio Body Combat Teresa	18:20-19:05 Spin Studio Spin Graham	19:30-20:15 Studio Pilates Claire	19:00-19:30 Rig X Fit Lewis			
	19:00-19:30 Rig Circuit Kieron	19:30-20:30 Studio Yogalates Deb	19:30-20:15 Rig Strength Circuit Jason	19:45-20:45 Studio Yoga Flow Rebekha			
	19:30-20:00 Gym Floor Abs & Core Johnny	19:30-20:00 Rig X Fit Kirk					
19:30-20:15 Studio LBT Kim							

- CARDIO
- STRENGTH
- INTERVAL
- MIND / BODY

- INDUCTION
- DANCE

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