



JD GYMS BATLEY - GROUP EXERCISE TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING 8am till 9am	06:30-07:15 Spin Studio JD Burn	06:30-07:05 JD Burn 07:05- 07:20 Studio	06:30-07:15 Spin Studio 07:15-07:30 Studio	06:30-07:05 JD Burn	06:30-07:15 Spin Surraya		
	06:30-07:15 Spin Studio JD Burn	06:30-07:05 JD Burn 07:05- 07:20 Studio	06:30-07:15 Spin Studio 07:15-07:30 Studio	06:30-07:05 JD Burn Suleman	06:30-07:15 Spin Surraya		
DAYTIME 9am till 5pm	09:30-10:15 Studio	09:00-09:30 Spin Studio	09:30-10:05 JD Burn	9:30-10:15 Spin Studio	09:30-10:15 Studio	09:30 - 10:15 Studio	09:30-10:15 Spin Studio
	10:30-11:15 Spin Studio	09:30-10:15 Studio	09:30-10:30 Studio	10:30-11:15 Studio	10:30- 11:15 Spin Studio	09:45-10:20 JD Burn	10:30-11:05 JD Burn
	12:30-13:05 JD Burn	10:15-11:15 Studio			11:15-12:15 Studio	10:15-11:00 Studio	10:15-11:15 Studio
	13:05- 13:20 JD Burn					10:30-11:15 Spin Studio	
EVENING 5pm till 10pm	17:30-18:05 JD Burn	17:30-18:05 JD Burn	17:30-18:15 Studio	17:30-18:15 Studio	17:30-18:05 JD Burn	17:30-18:05 JD Burn	
	17:30-18:30 Studio	17:45 - 18:30 Spin Studio	17:45 - 18:20 JD Burn	17:30-18:05 JD Burn	17:30-18:05 JD Burn	17:30-18:15 Studio	
	18:15 -19:00 Spin Studio	18:00-19:00 Studio	18:30-19:15 Spin Studio	18:15-19:00 Studio	18:15-19:00 Studio	18:15-19:00 Spin Studio	
	18:30-19:15 Studio	18:30-19:05 JD Burn	18:15-19:00 Studio	18:30-19:15 Spin Studio	18:30-19:15 Spin Studio	19:00-19:35 JD Burn	
	19:15-20:15 Studio	19:00-20:00 Studio		19:15-19:50 JD Burn	19:15 - 19:50 JD Burn		
	19:15-19:50 JD Burn			19:05-19:50 Studio	19:15-20:00 Studio		
	20:15-21:15 Studio				20:00- 21:00 Studio		

 CARDIO	 JD BURN
 STRENGTH	 LADIES ONLY
 INTERVAL	 DANCE BASED CLASS
 MIND / BODY	

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