



JD GYMS BIRMINGHAM - CLASS TIMETABLE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
MORNING 8am till 12pm	06:30-07:15 Studio	GRIT Mash Up Sharyn	06:30-07:15 Spin Studio	06:30-07:15 Studio	Body Pump Sharyn	06:30-07:00 Studio	Spin Kelly-Ann	06:30-07:00 Studio	GRIT Strength Sharyn	08:30-09:00 Studio	Circuits Jatt	09:00-09:30 Studio	Bootcamp Paul	
	09:00-09:30 Reception	PT Taster Jermaine	07:20-07:50 Studio	Circuits Shaif	07:20-07:50 Studio	GRIT Plyo Sharyn	08:30-09:00 Reception	PT Taster Lee	07:05-07:35 Studio	Fatburn Jermaine	09:05-09:50 Spin Studio	Vibe Cycle Gemma	10:10-10:55 Studio	Body Pump Hannah
	09:30-10:15 Studio	LBT Jermaine	09:30-10:15 Studio	Body Pump Sharyn	09:00-09:30 Reception	PT Taster Jermaine	09:30-10:00 Studio	Boot Camp Lee	08:30-09:00 Reception	PT Taster Jermaine	10:00-10:45 Studio	Vibe Power Gemma	11:00-11:45 Rig	X FIT Paul
			10:25-10:55 Studio	Ladies Body Conditioning Janet	09:30-10:15 Studio	Ladies Step Cash	10:30-11:15 Studio	Ladies Body Pump Hannah	09:30-10:15 Studio	Boot Camp Jermaine	10:00-10:30 Reception	PT Taster Jatt		
			11:00-12:00 Studio	Ladies Yoga Tassie					11:00-12:00 Studio	Yoga Tassie				
DAYTIME 12pm till 5pm	12:30-13:00 Studio	Ladies HIIT Janet	12:15-12:45 Studio	LBT Cash	12:30-13:15 Studio	Fight Fit Steve	12:30-13:00 Ladies Area	Ladies Sculpt Janet	12:30-13:15 Studio	Fight Fit Steve	14:00-14:30 Studio	Circuits Reece	12:00-12:45 Studio	Pilates Pam
	13:30-14:00 Reception	PT Taster Janet	13:00-13:30 Reception	PT Taster Cash	13:30-14:00 Reception	PT Taster Steve	13:30-14:00 Reception	PT Taster Janet						
EVENING 5pm till 10pm	17:15-18:00 Studio	Step Shaif	17:10-17:40 Studio	Boot Camp Steve	17:15-17:45 Studio	Fatburn Jermaine	17:00-17:15 Studio	Abs Cash	17:40-18:25 Studio	Body Pump Hannah	17:30-18:15 Studio	Ladies LBT Frankie	17:15-18:00 Studio	Circuits & Abs Reece
	18:05-18:50 Studio	Body Combat Sharyn	17:45-18:30 Studio	Body Pump Carol	17:50-18:20 Studio	HIIT Jatt	17:20-17:50 Studio	Fatburn Cash	18:30-19:00 Studio	HIIT Antoni				
	18:30-19:15 Spin Studio	Spin Shaif	18:00-18:45 Spin Studio	Vibe Cycle Gemma	18:25-19:10 Studio	LBT Lee	18:00-18:30 Reception	Cash PT Taster	19:15-19:45 Studio	Tabata Paul				
	18:30-19:00 Reception	PT Taster Reece	18:40-19:25 Studio	Body Combat Carol	19:00-19:30 Reception	PT Taster Jatt	18:00-19:00 Studio	Circuits Leon	20:00-20:30 Reception	PT Taster Antoni				
	18:55-19:40 Studio	Body Pump Sharyn	18:45-19:15 Reception	PT Taster Steve	19:15-20:00 Studio	Pilates Kelly-Ann	19:05-19:50 Studio	Ladies Zumba Bianca *	20:00-21:00 Studio	Yoga Madlen				
	19:50-20:20 Studio	Circuits Reece	19:30-20:00 Studio	GRIT Cardio Frankie	20:00-20:45 Studio	Ladies Spin Bianca	19:15-20:00 Spin Studio	Vibe Cycle Steve						
	20:00-20:45 Spin Studio	Ladies Spin Kelly-Ann	20:00-21:00 Studio	Ladies Zumba Bianca *	20:15-21:00 Studio	Tabata Leon								
	20:20-21:05 Studio	Boxercise Adill												

CARDIO

STRENGTH

INTERVAL

LADIES ONLY

MIND / BODY

INDUCTION

REGISTRATION IS NECESSARY

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