



JD GYMS BRADFORD - CLASS TIMETABLE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
MORNING 6am till 12pm			06:30-07:15 Rig	X-Fit Izabela		09:00-09:35 Studio	JD Burn Raj	09:30-10:15 Studio	LBT Nikki	09:15-10:15 Studio	Body Pump Tim Hill	08:30-09:00 Rig	X-Fit Sanna		
		09:40-10:25 Studio	JD Burn Izabela	09:30-10:15 Studio	LBT Izabela	09:00-09:35 Studio	JD Burn Izabela	09:45-10:30 Spin Studio	Spin Izabela	10:20-11:05 Studio	Zumba Nikki	10:20-11:05 Spin Studio	Spin Becky	09:00-10:15 Studio	Power Yoga Hamid
			10:30-11:15 Spin Studio	Spin Izabela	09:45-10:30 Studio	Zumba Nikki	10:40-11:25 Studio	LBT Izabela			10:25-11:10 Studio	Body Attack Tim Hill	10:30-11:15 Studio	LBT Sanna	
					10:00-10:30 Gym Floor	PT Drop In Izabela									
					10:35-11:20 Studio	LBT Nikki									
DAYTIME 12pm till 5pm		12:15-12:50 Studio	JD Burn Ali	13:15-13:45 Studio	JD Burn Michal	12:15-12:50 Studio	JD Burn Sanna	13:15-13:45 Studio	JD Burn Michal						
					16:30-17:00 Gym Floor	PT Drop In Ali				15:30-16:05 Studio	JD Burn Michal	15:25-16:00 Studio	JD Burn Habib		
EVENING 5pm till 10pm		17:00-18:00 Studio	Power Yoga Hamid	17:30-18:00 Spin Studio	Spin Izabela	17:30-18:15 Studio	Bootcamp Chris	17:30-18:15 Spin Studio	Spin Chris	17:00-18:00 Studio	Power Yoga Hamid				
		17:30-18:15 Spin Studio	Spin Izabela	18:00-18:45 Studio	Body Pump Tim Hill	18:20-18:55 Rig	X-Fit Habib	18:30-19:15 Studio	Body Pump Tim Hill	18:15-18:50 Studio	JD Burn Raj				
		18:00-18:35 Studio	JD Burn Raj	18:55-19:40 Studio	Body Attack Tim Hill	18:20-19:10 Spin Studio	Spin Chris	18:30-19:15 Spin Studio	Spin Kirin	18:55-19:40 Studio	Zumba Klaudia				
		18:40-19:25 Studio	Body Pump Katie	18:55-19:40 Spin Studio	Spin Kirin	18:25-19:10 Studio	Reggaecize Sarita	19:25-20:10 Studio	Body Attack Tim Hill	19:00-19:45 Spin Studio	Spin Becky				
		19:35-20:10 Studio	JD Burn Amar	19:45-20:45 Studio	Zumba Klaudia	19:15-20:00 Studio	LBT Sanna								
				20:00-21:00 Studio	Hatha Yoga Hamid										

- CARDIO
- STRENGTH
- MIND / BODY
- LADIES ONLY
- JD BURN
- PT DROP IN

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