



JD GYMS COVENTRY CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING 6am till 12pm	06:15-07:00 Studio Kettlebells Grant	06:30-07:15 Functional Circuits Rik	06:30-07:00 Spin Studio Spin Leanne	06:15-7:00 Studio Military Fit Grant	06:30-7:00 Functional Circuits Dec	08:30-09:00 Functional Circuits Vitor	9:00-09:55 Main Studio Bootcamp Grant
	06:30-07:15 Spin Studio Spin Leanne	09:30-10:30 Main Studio Body Pump Jill	9:30-10:30 Main Studio Body Pump Lyndsey	10:00-10:45 Main Studio Body Pump Nicola	09:30-10:15 Main Studio Body Pump Angela	08:30-09:30 Spin Studio Spin Sarah	9:15-10:00 Spin Studio Vibe Cycle Sarah
	09:30-10:15 Main Studio Strength Louise		10:30-11:15 Spin Studio Spin Louise	11:00-12:00 Main Studio Yoga Zoe		9:30-10:30 Main Studio Body Combat Sam	10:00-11:00 Main Studio Body Pump Denise
	10:30-11:30 Main Studio Yoga Natalie					10:30-11:30 Main Studio Body Pump Sam	11:00-12:00 Main Studio Body Attack Denise
DAYTIME 12pm till 5pm		12:15-13:00 Main Studio Bootcamp Kamil		12:15-12:45 Main Studio MetaFit Angela	12:15-13:00 Main Studio Bootcamp Jack		12:00-12:30 Studio Flexibility Jun
				12:45-13:15 Main Studio Core Angela			
EVENING 5pm till 10pm	17:00-17:30 Main Studio LBT Rik	17:30-18:30 Main Studio Military Fit Grant	17:45-18:30 Main Studio Body Combat Fran	17:30 - 18:30 Main Studio Body Pump Sam Lees	17:30-18:15 Studio Body Combat Vickie		17:00-18:00 Studio Yoga Zoe
	17:45-18:30 Main Studio Body Pump Rob	18:30-19:15 Spin Studio Vibe Cycle Kerry	18:15-19:15 Spin Studio Spin Pasha	18:30-19:30 Main Studio Body Combat Steve	18:15-19:00 Main Studio Zumba Strong Ben		
	18:15-19:00 Spin Studio Spin Leanne	18:30-19:30 Main Studio Body Pump Kerry	18:30-19:30 Main Studio Body Pump Fran	18:30-19:30 Spin Studio Spin Louise	19:00-20:00 Main Studio Pilates Nicola		
	18:30-19:30 Main Studio Body Combat Rob	19:30-20:30 Main Studio Yoga Zoe	19:45-20:30 Main Studio Zumba Aggelina	19:30-20:15 Studio HIIT Kamil	19:30-20:15 Spin Studio Spin Leanne		
	19:15-20:00 Functional Circuits Dec						
	19:45-20:30 Main Studio Ladies Zumba Aggelina						

STRENGTH
INTERVAL
MIND/BODY
LADIES ONLY
PT DROP IN
CARDIO

Please ensure you turn up on time for your class or you may be refused entry
 PLEASE NOTE THIS TIMETABLE MAY BE SUBJECT TO CHANGE
 FOR FULL DESCRIPTIONS OF OUR CLASSES PLEASE ASK A MEMBER OF STAFF
 PLEASE REMEMBER THAT ALL CLASSES CAN NOW BE BOOKED ONLINE.