



## JD GYMS DERBY - CLASS TIMETABLE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING 8am till 12pm	6:30-7:05	JD Burn JD Burn	6:30-7:05 JD Burn	6:30-7:15 Spin Studio	6:30-7:05 JD Burn	6:30-7:15 Spin Studio	9:15-10:15 Studio	09:00 - 9:45 Studio
	7:15-7:30	Abs Blanca	7:15-7:30 Studio	Abs Blanca	6:15-6:50 JD Burn	8:10-8:30 Studio	6:30-7:05 JD Burn	10:00-10:45 Spin Studio
	9:00-9:30	PT Drop In Arun	9:00-9:35 JD Burn	8:45-9:20 Functional Rig	8:45-9:20 X-Fit Dalveer	9:15-10:00 Spin Studio	7:10-7:30 JD Burn	10:15-11:00 Studio
	9:30-10:30	Body Conditioning Arun	9:30-10:15 Studio	Dance Fit Shanley	9:15-10:00 Studio	09:30-10:05 JD Burn	9:30-10:15 Studio	
	9:45-10:30	Spin Georgia	10:15-11:15 Studio	Body Conditioning Shanley	9:30-10:15 JD Burn	9:30-10:30 Studio	09:30-10:00 JD Burn	
	10:30-11:05	JD Burn Arun			10:15-11:15 Studio	10:30-11:30 Studio	10:05-10:25 JD Burn	
							10:15-11:00 Studio	

EVENING 5pm till 10pm	17:30-18:05	JD Burn Paul	17:30-18:30 Studio	17:30-18:15 Spin Studio	17:30-18:05 JD Burn	17:30-18:05 Studio	17:45-18:30 Gym Floor	16:00-16:30 PT Drop In Anton	16:00-16:30 Gym Floor	16:00-16:30 PT Drop In Will
	17:30-18:15	Body Pump Ryan	17:30-18:15 JD Burn	17:30-18:25 Studio	17:30-18:15 Studio	17:30-18:15 Studio	17:00-17:35 JD Burn	17:00-17:35 JD Burn	17:00-17:35 JD Burn	17:00-17:35 JD Burn
	17:30-18:15	Spin Kerry	18:15-18:45 JD Burn	18:00-18:35 Studio	18:00-18:35 JD Burn	18:30-19:30 Studio	18:30-19:15 JD Burn	18:00-18:30 Functional Rig	17:35-17:50 Studio	17:35-17:50 Studio
	18:10-18:30	PT Drop In Paul	18:00-18:45 Spin Studio	18:35-19:00 JD Burn	18:35-19:00 JD Burn	18:30-19:05 JD Burn		18:30-19:05 JD Burn	18:30-19:05 JD Burn	18:30-19:05 JD Burn
	18:20-19:05	Body Combat Kerry	19:00-19:30 JD Burn	18:30-19:25 Studio	18:30-19:25 Studio	19:15-20:00 Spin Studio				
	18:25-19:00	JD Burn Will	19:35-20:00 JD Burn	19:00-19:30 JD Burn	19:00-19:30 JD Burn	19:15-19:50 Functional Rig				
	19:00-19:45	Kettlebell Will	18:30-19:30 Studio	Body Conditioning Arun	19:15-19:45 Gym Floor	19:30-20:30 Studio	19:30-20:30 Studio			
	19:10-20:10	Body Balance Ryan	19:30-20:15 JD Burn	Boot Camp Box-Fit Anton / Blanca	19:30-20:30 Functional Rig	19:00-19:30 Gym Floor	19:00-19:30 Gym Floor			
	19:45-20:30	Spin Paul	20:00-20:30 Gym Floor	PT Drop In Will	20:30-21:00 Functional Rig	19:30-20:00 JD Burn	19:30-20:00 JD Burn			

	CARDIO		PT DROP IN
	STRENGTH		
	INTERVAL		
	MIND / BODY		
	DANCE		
	BURN		

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