



JD GYMS SALFORD - CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am till 12pm	6:30-7:05 JD Burn	6:30-7:15 Spin	6:30-7:15 Studio	6:30-7:10 Spin Studio	6:30-7:05 JD Burn	9:00-9:45 Studio	9:45-10:30 Rig
	7:10-7:30 Studio	9:30-10:15 Studio	6:30-7:00 Gym Floor	7:15-7:30 Studio	7:10-7:30 Studio	9:30-10:05 JD Burn	10:30-11:00 Studio
	9:00-9:30 Gym Floor	10:15-11:00 Studio	7:00-7:35 JD Burn	9:30-10:15 Studio	9:30-10:30 Studio	9:45-10:30 Studio	11:00-11:45 Spin Studio
	09:30-10:30 Studio		7:40-8:00 Studio	10:30-11:00 Gym Floor	10:30-11:00 Gym Floor	10:30-11:30 Studio	11:45-12:00 Studio
			9:30-10:15 Spin Studio			11:00-11:45 Studio	
			10:15-10:50 JD Burn			11:45-12:30 Studio	
12pm till 5pm	12:20-12:55 JD Burn	12:30-13:00 Studio	12:30-13:00 Rig	12:30-13:00 Rig	12:20-12:55 JD Burn	12:00-12:30 Gym Floor	12:20-12:55 JD Burn
	13:00-13:15 Studio	13:00-13:15 Studio	13:00-13:15 Studio	13:00-13:15 Studio	13:00-13:15 Studio	15:30-16:00 Rig	13:30-14:00 Gym Floor
	13:30-14:00 Gym Floor	13:30-14:00 Gym floor	13:15-13:45 Gym Floor	13:30-14:00 Gym Floor	13:30-14:00 Gym Floor		15:30-16:00 Rig
			14:00-14:30 Gym Floor				
5pm till 10pm	17:30-18:05 JD Burn	18:00-18:35 JD Burn	17:45-18:20 JD Burn	17:45-18:20 Studio	17:45-18:20 JD Burn	18:00-18:45 Studio	
	17:45-18:15 Spin Studio	18:00-18:45 Studio	18:00-18:45 Studio	18:00-18:45 Studio	18:00-18:45 Studio	18:20-18:30 Studio	
	17:45-18:30 Studio	18:30-19:15 Spin Studio	18:30-19:15 Studio	18:30-19:15 Spin Studio	18:30-19:15 Spin Studio	19:00-19:45 Studio	
	18:00-18:30 Gym Floor	18:30-19:00 Gym Floor	18:45-19:45 Studio	18:45-19:30 Studio	18:45-19:30 Studio	19:00-19:45 Studio	
	18:30-19:15 Studio	18:45-19:30 Studio	19:00-19:35 JD Burn	19:00-20:00 JD Burn	19:00-20:00 JD Burn	19:45-20:30 Studio	
	19:00-19:35 JD Burn	19:30-20:05 JD Burn	19:40-20:00 JD Burn	19:30-20:00 Gym Floor	19:30-20:00 Gym Floor		
	19:30-20:15 Spin Studio	19:30-20:30 Studio	20:00-21:00 Studio	19:30-20:30 Studio	19:30-20:30 Studio		
	19:30-20:00 Gym Floor	20:10-20:30 Studio	20:30-21:00 Gym Floor	20:30-21:15 Studio	20:30-21:15 Studio		
	19:30-20:30 Studio	20:30-21:30 Studio					

	CARDIO		INDUCTION (Gym)
	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