



JD GYMS - CLASS TIMETABLE

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
MORNING 6am till 12pm	6.15-6.50 Studio	JD Burn PT	6.15-7.00 Spin Studio	Spin PT	6.30-7.05 Studio	JD Burn PT	6.15-7.00 Spin Studio	Spin PT	6.30-7.05 Studio	JD Burn PT	8.15-8.50 Studio	JD Burn PT	9.00-9.35 Studio	JD Burn PT
	7.00-7.45 Spin Studio	Spin PT	7.05-7.20 Studio	Abs PT	7.10-7.25 Gym Floor	Abs PT	7.05-7.40 Studio	JD Burn PT	7.05-7.20 Studio	Abs PT	8.30-9.15 Spin Studio	Spin Vicky	9.30-10.15 Spin Studio	Spin Lisa
	9.15-10.00 Studio	Body Combat Sam	9.30-10.00 Studio	Metafit Adele	8.00-8.30 Gym Floor	Induction PT	9.00-9.30 Gym Floor	Induction PT	9.30-10.15 Studio	Body Combat Lisa	9.00-9.30 Studio	Metafit Adele	9.45-10.00 Studio	Abs PT
	10.05-10.50 Studio	Body Pump Sam	10.05-10.50 Studio	LBT Adele	9.15-9.45 Studio	Metafit Adele	9.30-10.15 Studio	Body Combat Nikita	10.20-11.05 Studio	Body Pump Lisa	10.20-11.05 Studio	Body Balance Adele	10.20-11.05 Studio	Body Pump Lisa
	11.00-12.00 Studio	Body Balance Sam			9.50-10.25 Studio	Body Conditioning Adele	10.20-11.05 Studio	Body Pump Nikita	11.10-11.55 Studio	Pilates Lisa	11.00-11.45 Spin Studio	Spin PT		
				10.30-11.30 Studio	Body Balance Adele									
DAYTIME 12pm till 5pm	12.30-13.00 Rig	X Fit PT	12.00-12.35 Studio	JD Burn PT	12.15-12.45 Spin Studio	Spin PT	12.00-12.35 Studio	JD Burn PT	12.15-12.50 Studio	JD Burn PT	13.00-13.30 Rig	X Fit PT	14.00-14.35 Studio	JD Burn PT
	13.30-14.15 Spin Studio	Spin PT	12.40-13.10 Rig	X Fit PT	12.50-13.10 Studio	Abs PT	12.40-12.55 Studio	Abs PT	14.00-14.30 Gym Floor	Induction PT	15.00-15.30 Gym Floor	Induction PT	14.40-14.55 Studio	Abs PT
			13.30-14.00 Gym Floor	Induction PT										
EVENING 5pm till 10pm	17.30-18.05 Studio	JD Burn PT	17.30-18.00 Gym Floor	Induction PT	17.15-17.50 Studio	JD Burn PT	17.30-18.15 Spin Studio	Spin PT	17.30-18.05 Studio	JD Burn PT	17.00-17.35 Studio	JD Burn PT	17.00-17.30 Rig	X Fit PT
	18.15-19.00 Spin Studio	Spin PT	17.30-18.05 Studio	JD Burn PT	18.15-18.45 Studio	Metafit Vicky	18.00-18.45 Studio	Body Combat Michelle	18.10-18.30 Studio	Abs PT	17.40-17.55 Studio	Abs PT		
	18.30-19.15 Studio	Zumba Marika	18.30-19.15 Studio	Body Combat Michelle	18.30-19.15 Spin Studio	Spin PT	18.50-19.35 Studio	Body Pump Michelle	18.45-19.30 Spin Studio	Spin PT				
	19.20-20.05 Studio	Body Conditioning Marika	19.00-19.45 Spin Studio	Spin PT	18.50-19.35 Studio	LBT Vicky	19.00-19.30 Gym Floor	Induction PT						
	19.30-20.00 Gym Floor	Induction PT	19.20-20.05 Studio	Body Pump Michelle	19.45-20.45 Studio	Yoga Rimpy	19.45-20.20 Studio	JD Burn PT						
	20.15-20.50 Studio	JD Burn PT	20.15-20.50 Studio	JD Burn PT	20.00-20.30 Gym Floor	Induction PT	19.45-20.30 Spin Studio	Spin Michelle						

	CARDIO
	STRENGTH
	INTERVAL
	MIND / BODY

	JD BURN
	INDUCTION (Gym)

ALL CLASSES CAN BE BOOKED AND CANCELLED IN THE MEMBERS' AREA OF THE WEBSITE,
PLEASE ENSURE YOU TURN UP ON TIME OR YOU MAY BE REFUSED ENTRY
PLEASE NOTE THIS TIMETABLE MAY BE SUBJECT TO CHANGE