



# JD GYMS SUNDERLAND TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING</b> 6am till 12pm	06:15-06:45 Rig <b>Circuits</b> PT	06:15-07:00 Studio <b>Body Pump</b> Michelle	06:15-07:00 Spin Studio <b>Spin</b> Derek	06:15-06:50 Studio <b>JD Burn</b> PT	06:15-07:00 Spin Studio <b>Spin</b> Ashlea	08:30-09:05 Studio <b>JD Burn</b> PT	08:30-09:00 Gym Floor <b>Induction</b> PT
	07:00-07:30 Gym Floor <b>Induction</b> PT	07:00-07:30 Rig <b>Circuits</b> PT	07:00-07:15 Studio <b>Abs</b> PT	09:30-10:15 Spin Studio <b>Spin</b> Jo	07:00-07:30 Rig <b>Xfit</b> PT	09:15-10:15 Studio <b>Body Pump</b> Angela	09:00-09:45 Spin Studio <b>Spin</b> Ashlea
	09:30-10:05 Studio <b>JD Burn</b> PT	09:30-10:15 Studio <b>Piloxing</b> Jen	09:30-10:00 Gym Floor <b>Induction</b> PT		09:30-10:30 Studio <b>Combat</b> Karen	10:00-10:30 Gym Floor <b>Induction</b> PT	09:00-09:45 Studio <b>Combat</b> Christine
	10:15-11:00 Studio <b>LBT</b> Mollie	10:20-11:05 Spin Studio <b>Spin</b> Laura	09:30-10:15 Studio <b>LBT</b> Kim		11:00-11:30 Gym Floor <b>Induction</b> PT	10:20-11:05 Spin Studio <b>Spin</b> Natalia	10:00-11:00 Studio <b>Yoga Flow</b> Rabekha
	11:15-12:00 Studio <b>Gentle Circuit</b> Kevin		10:20-11:05 Studio <b>Pilates</b> Kim			10:30-11:30 Studio <b>Zumba</b> Jen	11:15-11:50 Studio <b>JD Burn</b> PT
<b>DAYTIME</b> 12pm till 5pm	12:30-13:00 Rig <b>Strength &amp; Cond</b> PT	12:30-13:00 Rig <b>Xfit</b> PT	12:30-13:05 Studio <b>JD Burn</b> PT	12:30-13:00 Rig <b>Circuits</b> PT	12:30-13:05 Studio <b>JD Burn</b> PT		
	16:30-17:05 Studio <b>JD Burn</b> PT		16:30-17:05 Studio <b>JD Burn</b> PT				
<b>EVENING</b> 5pm till 10pm	17:30-18:30 Studio <b>Body Pump</b> Kevin	17:30-18:05 Studio <b>JD Burn</b> PT	17:30-18:15 Studio <b>Body Combat</b> Hattie	17:15-17:45 Rig <b>Xfit</b> PT	17:30-18:15 Spin Studio <b>Spin</b> Chris		
	17:30-18:00 Gym Floor <b>Induction</b> PT	18:00-19:00 Spin Studio <b>Spin</b> Jo	17:45-18:15 Abs Area <b>Abs</b> PT	17:30-18:15 Studio <b>Step</b> Nicola	17:30-18:15 Studio <b>Piloxing</b> Jen		
	18:00-18:30 Rig <b>Xfit</b> PT	18:15-19:15 Studio <b>Pilates</b> Elaine	18:30-19:00 Gym Floor <b>Induction</b> PT	17:30-18:00 Gym Floor <b>Induction</b> PT	18:20-19:05 Studio <b>Clubbercise</b> Jen		
	18:30-19:00 Abs Area <b>Abs</b> PT	18:30-19:00 Gym Floor <b>Induction</b> PT	18:30-19:15 Studio <b>Body Pump</b> Hattie	17:45-18:30 Spin Studio <b>Spin</b> Graham			
	18:35-19:20 Studio <b>Body Attack</b> Kevin	19:20-20:20 Studio <b>Zumba</b> Julie	18:30-19:15 Spin Studio <b>Spin</b> Chris	18:20-19:05 Studio <b>Body Attack</b> Nicola			
	19:30-20:15 Spin Studio <b>Spin</b> Rachael		19:30-20:30 Studio <b>Yoga Flow</b> Rabekha	19:15-20:00 Studio <b>Body Combat</b> Nicola			
19:30-20:15 Studio <b>Box Fit</b> Kevin							

- CARDIO
- STRENGTH
- INTERVAL
- MIND / BODY

- DROP IN SESSION
- DANCE

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