



## JD GYMS WOLVERHAMPTON - CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING 6am till 12pm	6:30-7:05 Studio BoxFit Samantha	6:30-7:00 Rig Rig	6:30-7:05 Studio Rig HIIT Tom	6:15-7:00 Spin Studio JD Burn Gaby	6:30-7:05 Studio Spin Spencer	8:25-9:00 Studio JD Burn Leona	8:25-9:00 Studio JD Burn Chris
	7:15-7:45 Studio LBT Samantha	7:15-7:50 Studio JD Burn Tom	7:15-7:45 Studio LBT Gaby	7:15-7:45 Studio Rig HIIT Leona	7:15-7:45 Spin Studio Spin Chris	8:45-9:30 Gym Floor BoxFit Dan	9:00-9:45 Studio Body Combat Gordon
	9:30-10:15 Spin Studio Spin Mandy	9:30-10:15 Spin Studio Spin Gordon	9:30-10:15 Studio Body Pump Charlotte	9:30-10:15 Spin Studio Spin Mandy	9:40-10:40 Studio Body Pump Stephanie	9:00-9:45 Studio Body Pump Lee	9:45-10:30 Studio Zumba Phil
	10:00-10:30 Gym Floor PT Drop In Samantha	9:30-10:00 Studio LBT Tom	10:20-11:05 Studio Body Attack Charlotte	10:00-10:30 Gym Floor PT Drop In Leona	9:30-10:00 Gym Floor PT Drop In Chris	10:00-10:45 Studio Body Combat Lee	10:00-10:45 Spin Studio Spin Gordon
	10:20-11:05 Studio Body Pump Mandy	10:00-10:30 Gym Floor PT Drop In Tom	10:30-11:00 Gym Floor PT Drop In Simon	10:15-11:00 Studio Body Pump Mandy	10:40-11:25 Studio Body Combat Stephanie	10:45-11:30 Spin Studio Spin Lee	11:00-12:00 Studio Yoga Kelly
	11:15-12:15 Studio Zumba Katerina	10:15-11:00 Studio Body Combat Gordon	11:05-12:05 Studio Yoga Avril			11:30-11:50 Studio Abs Leona	
	Studio						
DAYTIME 12pm - 5pm	12:30-13:00 Spin Studio Spin Simon		12:30-13:05 Studio JD Burn Simon		12:30-13:05 Studio JD Burn Gaby	12:30-13:05 Studio JD Burn Samantha	12:30-13:05 Studio JD Burn Joe
	13:00-13:30 Studio LBT Simon		13:05-13:35 Studio Step Simon		13:05-13:20 Studio Abs Gaby	13:30-14:00 Gym Floor PT Drop In Samantha	13:30-14:00 Gym Floor PT Drop In Joe
EVENING 5pm till 10pm	17:30-18:05 Studio JD Burn Gaby	17:30-18:00 Studio LBT Leona	17:30-18:15 Studio Body Attack Ian	17:30-18:05 Studio JD Burn Samantha	17:30-18:05 Studio JD Burn Joe		
	18:10-18:55 Studio Body Pump Hayley	17:30-18:15 Spin Studio Spin Amir	18:00-18:30 Gym Floor PT Drop In Joe	18:15-19:15 Studio Body Combat Lee	18:30-19:15 Studio Body Pump Mandy		
	18:15-19:00 Spin Studio Spin Spencer	18:15-18:50 Studio JD Burn Simon	18:15-19:00 Studio Body Combat Gaby	18:15-19:00 Spin Studio Spin Mandy	19:15-20:00 Spin Studio Spin Mandy		
	19:00-19:30 Gym Floor PT Drop In Tom	19:00-19:30 Gym Floor PT Drop In Leona	19:00-20:00 Studio Zumba Lilia	18:30-19:00 Gym Floor PT Drop In Samantha			
	19:00-19:45 Studio Body Combat Gaby	19:00-20:00 Studio Body Pump Lee	19:00-19:30 Spin Studio Spin Chris	19:15-20:00 Studio Body Pump Mandy			
	19:00-19:45 Spin Studio Spin Hayley	19:00-19:30 Spin Studio Spin Simon	20:05-21:05 Studio Yoga Kelly				
	19:55-20:30 Studio JD Burn Tom	19:45-20:05 Tone Area Abs Leona					
	20:30-21:30 Studio Yoga Kelly						

	CARDIO
	STRENGTH
	INTERVAL
	MIND / BODY
	DANCE
	BURN

PT DROP IN (Gym)

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