



JD GYMS - CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
MORNING 6am till 12pm	6.15-6.45 Spin Studio	Spin PT	6.15 - 6.50 Burn Studio	JD Burn PT	6.15 - 6.50 Burn Studio	JD Burn PT	6.15 - 6.45 Spin Studio	Spin PT	8.30 - 9.05 Burn Studio	JD Burn PT	8.30 - 9.00 Gym Floor	Induction PT		
	7.00-7.35 Burn Studio	JD Burn PT	7.00 - 7.15 Studio	Abs PT	7.00 - 7.30 Spin Studio	Spin PT	7.15 - 7.45 Gym Floor	Induction PT	7.00 - 7.35 Burn Studio	JD Burn PT	9.30 - 10.30 Studio	Zumba Libby	9.30 - 10.05 Burn Studio	JD Burn PT
	9.30 - 10.30 Studio	Body Pump Nicky	9.30 - 10.15 Spin Studio	Spin PT	9.30 - 10.00 Gym Floor	Induction PT	9.30 - 10.05 JD Burn	JD Burn PT	7.45 - 8.00 Studio	Abs PT	9.45 - 10.30 Spin Studio	Spin PT	10.00 - 10.45 Spin Studio	Spin Magdalena
	10.35 - 11.20 Studio	Body Combat Nicky	10.30 - 11.30 Studio	LBT Magdalena	9.30 - 10.30 Studio	Body Pump Danni	10.00 - 11.00 Studio	Zumba Amy	9.30 - 10.15 Studio	LBT Jo	10.40 - 11.40 Studio	Body Pump Nicky	10.45 - 11.00 Studio	Abs PT
	11.25 - 12.25 Studio	Yoga Nicky			10.30 - 11.15 Studio	Body Attack Danni			10.15 - 11.15 Studio	Pilates Jo			11.00 - 11.45 Studio	LBT Magdalena
	11.30 - 12 Gym Floor	Induction PT												
DAYTIME 12pm till 5pm	12.15 - 12.50 Burn Studio	JD Burn PT	12.30 - 13.00 Spin Studio	Spin PT	12.15 - 12.50 Burn Studio	JD Burn PT	12.15 - 13.00 Spin Studio	Spin PT	12.15 - 12.50 Burn Studio	JD Burn PT	15.15 - 15.45 Rig	X-Fit PT	15.15 - 15.45 Rig	X-Fit PT
	13.00 - 13.15 Studio	Abs PT	13.05 - 13.20 Studio	Abs PT	13.05 - 13.20 Studio	Abs PT	13.05 - 13.20 Studio	Abs PT	13.00 - 13.15 Studio	Abs PT				
	13.30 - 14.00 Rig	X-Fit PT												
EVENING 5pm till 10pm	17.30 - 18.05 Burn Studio	JD Burn PT	17.15 - 17.30 Studio	Abs PT	17.30 - 18.05 Burn Studio	JD Burn PT	17.30 - 18.15 Studio	Body Pump Danni	17.30 - 18.05 Burn Studio	JD Burn PT				
	18.00 - 18.45 Studio	Body Attack Chris	17.30 - 18.15 Studio	Body Combat Nicky	17.30 - 18.15 Spin Studio	Spin Magdalena	18.30 - 19.15 Spin Studio	Spin Danni	17.45 - 18.30 Studio	Body Attack Danni				
	18.30 - 19.05 Burn Studio	JD Burn PT	18.00 - 18.35 Burn Studio	JD Burn PT	18.00 - 18.45 Studio	Body Attack Mathew	18.15 - 19.00 Studio	LBT Magdalena	18.45 - 19.15 Spin Studio	Spin Danni				
	18.45 - 19.45 Studio	Zumba Libby	18.30 - 19.30 Studio	Body Pump Nicky	18.45 - 19.30 Studio	Body Combat Mathew	19.00 - 20.00 Studio	Yoga Mathew	19.30 - 20.00 Studio	Abs PT				
	19.15 - 19.45 Gym Floor	Induction PT	18.45 - 19.30 Spin Studio	Spin Magdalena	18.45 - 19.15 Gym Floor	Induction PT	19.15 - 19.50 Burn Studio	JD Burn PT						
	19.15 - 20.00 Spin Studio	Spin Matthew	19.00 - 19.35 Burn Studio	JD Burn PT	19.25 - 20.00 Burn Studio	JD Burn PT	20.00 - 20.15 Burn Studio	Abs PT						
	20.00 - 21.00 Studio	Yoga Mathew	19.45 - 20.30 Studio	LBT Magdalena	19.30 - 20.15 Studio	Dance Magdalena								
		20.45 - 21.15 Gym Floor	Induction PT											

 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