



JD GYMS - CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING 6am till 12pm	6.15-6.50 Studio JD Burn Mark	6.15-7.00 Spin Studio Spin Karolina	6.30-7.05 Studio JD Burn Allan	6.15-7.00 Spin Studio Spin Aga	6.30-7.05 Studio JD Burn Karl	8.15-8.50 Studio JD Burn Natalie	9.00-9.35 Studio JD Burn Scott
	7.00-7.45 Spin Studio Spin Mark	7.05-7.20 Studio Spin Karolina	7.10-7.25 Gym Floor Abs Allan	7.05-7.40 Studio JD Burn Aga	9.30-10.15 Studio Body Combat Lisa	8.30-9.15 Spin Studio Spin Vicky	9.30-10.15 Spin Studio Spin Lisa
	9.30-10.15 Studio Body Combat Sam	9.30-10.00 Studio Metafit Adele	8.00-8.30 Gym Floor Induction Allan	9.00-9.30 Gym Floor Induction Aga	10.20-11.05 Studio Body Pump Lisa	9.00-9.30 Studio Metafit Adele	9.45-10.00 Studio Abs Scott
	10.20-11.05 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	11.10-11.55 Studio Pilates Lisa	9.35-10.35 Studio Body Balance Adele	10.20-11.05 Studio Body Pump Lisa
	11.15-12.00 Studio Body Balance Sam		9.50-10.25 Studio Body Conditioning Adele	10.20-11.05 Studio Body Pump Nikita		11.00-11.45 Spin Studio Spin Karolina	
			10.30-11.30 Studio Body Balance Adele				
DAYTIME 12pm till 5pm	12.30-13.00 Rig X Fit Aga	12.00-12.35 Studio JD Burn Natalie	12.15-12.45 Spin Studio Spin Studio	12.00-12.35 Studio JD Burn Scott	12.15-12.50 Studio JD Burn Debbie	13.00-13.30 Rig X Fit Karolina	14.00-14.35 Studio JD Burn Debbie
	13.30-14.15 Spin Studio Spin Aga	12.40-13.10 Rig X Fit Allan	12.50-13.10 Studio Abs Scott	12.40-12.55 Studio Abs Scott	14.00-14.30 Gym Floor Induction Debbie	15.00-15.30 Gym Floor Induction Karolina	14.40-14.55 Studio Abs Debbie
		13.30-14.00 Gym Floor Induction Allan					
EVENING 5pm till 10pm	17.30-18.05 Studio JD Burn Karl	17.30-18.05 Studio JD Burn Scott	17.15-17.50 Studio JD Burn Karl	17.30-18.15 Spin Studio Spin Natalie	17.30-18.05 Studio JD Burn Karolina	17.00-17.35 Studio JD Burn Mark	17.00-17.30 Rig X Fit Allan
	18.15-19.00 Spin Studio Spin Natalie	18.30-19.15 Studio Body Combat Michelle	18.15-18.45 Studio Metafit Vicky	18.00-18.45 Studio Body Combat Michelle	18.10-18.30 Studio Abs Karolina	17.40-17.55 Studio Abs Mark	
	18.15-19.00 Studio Zumba Marika	19.00-19.45 Spin Studio Spin Aga	18.30-19.15 Spin Studio Spin Karolina	18.50-19.35 Studio Body Pump Michelle	18.45-19.30 Spin Studio Spin Mark		
	19.05-19.50 Studio Body Conditioning Marika	19.20-20.05 Studio Body Pump Michelle	18.50-19.35 Studio LBT Vicky	19.00-19.30 Gym Floor Induction Natalie			
	19.30-20.00 Gym Floor Induction Debbie	20.15-20.50 Studio JD Burn Aga	19.45-20.45 Studio Yoga Rimp	19.45-20.20 Studio JD Burn Allan			
20.15-20.50 Studio JD Burn Debbie		20.00-20.30 Gym Floor Induction Karolina	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