



JD GYMS BRADFORD - CLASS TIMETABLE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY								
MORNING 6am till 12pm			06:30-07:15 Rig	X-Fit Izabela			09:30-10:15 Studio	LBT Nikki								
		09:40-10:25 Studio	JD Burn Izabela	09:30-10:15 Studio	LBT Izabela	09:00-09:35 Studio	JD Burn Izabela	09:45-10:30 Spin Studio	Spin Izabela	10:20-11:05 Studio	Zumba Nikki	10:05 -10:50 Studio	Body Attack Tim Hill	09:00-10:15 Studio	Power Yoga Hamid	
			10:30-11:15 Spin Studio	Spin Izabela	09:45-10:30 Studio	Zumba Nikki	10:40-11:25 Studio	LBT Izabela					11:00-11:30 Spin Studio	Spin Tim Hill	10:30-11:15 Studio	LBT Sanna
					10:00-10:30 Gym Floor	PT Drop In Izabela										
					10:35-11:20 Studio	LBT Nikki										
DAYTIME 12pm till 5pm		12:15-12:50 Studio	JD Burn Ali	13:15-13:45 Studio	JD Burn Michal	12:15-12:50 Studio	JD Burn Sanna	13:15-13:45 Studio	JD Burn Michal							
												15:30-16:05 Studio	JD Burn Michal			
					16:30-17:00 Gym Floor	PT Drop In Ali										
EVENING 5pm till 10pm		17:00-18:00 Studio	Power Yoga Hamid	17:30-18:00 Spin Studio	Spin Izabela	17:30-18:15 Studio	Bootcamp Chris	17:30-18:15 Spin Studio	Spin Chris	17:00-18:00 Studio	Power Yoga Hamid					
		17:30-18:15 Spin Studio	Spin Izabela	18:00-18:45 Studio	Body Pump Tim Hill	18:20-18:55 Rig	X-Fit Habib	18:30-19:15 Studio	Body Pump Tim Hill	18:15-18:50 Studio	JD Burn Izabela					
		18:00-18:35 Studio	JD Burn Amar	18:55-19:40 Studio	Body Attack Tim Hill	18:20-19:10 Spin Studio	Spin Chris	18:30-19:15 Spin Studio	Spin Kirin	18:55-19:40 Studio	Zumba Klaudia					
		18:40-19:25 Studio	Body Pump Katie	18:55-19:40 Spin Studio	Spin Kirin	18:25-19:00 Studio	JD Burn Sanna	19:25-20:10 Studio	Body Attack Tim Hill	19:00 -19:45 Spin Studio	Spin Izabela					
		19:35-20:10 Studio	JD Burn Amar	19:45-20:45 Studio	Zumba Klaudia	19:15-20:00 Studio	LBT Sanna									
					20:00-21:00 Studio	Hatha Yoga Hamid										

- CARDIO
- STRENGTH
- MIND / BODY
- LADIES ONLY
- JD BURN

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