



JD GYMS - CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am till 12pm	6.15-6.50 Studio JD Burn Mark	6.15-7.00 Spin Studio	6.30-7.05 Studio	6.15-7.00 Spin Studio	6.30-7.05 Studio	8.15-8.50 Studio	9.00-9.35 Studio
	9.30-10.15 Studio Body Combat Sam	7.05-7.20 Studio	7.10-7.25 Gym Floor	9.00-9.30 Gym Floor	9.30-10.15 Studio	8.30-9.15 Spin Studio	9.30-10.15 Spin Studio
	10.20-11.05 Studio Body Pump Sam	9.30-10.00 Studio	8.00-8.30 Gym Floor	9.30-10.15 Studio	10.20-11.05 Studio	9.00-9.30 Studio	9.45-10.00 Studio
	11.15-12.00 Studio Body Balance Sam	10.05-10.50 Studio	9.15-9.45 Studio	10.20-11.05 Studio	11.10-11.55 Studio	9.35-10.35 Studio	10.20-11.05 Studio
			9.50-10.25 Studio	10.30-11.30 Studio			
12pm till 5pm	12.30-13.00 Rig X Fit Natalie	12.00-12.35 Studio	12.15-12.45 Spin Studio	12.00-12.35 Studio	12.15-12.50 Studio	13.00-13.30 Rig	14.00-14.35 Studio
	13.30-14.15 Spin Studio Spin Natalie	13.30-14.00 Gym Floor	12.50-13.10 Studio	12.40-12.55 Studio	14.00-14.30 Gym Floor	15.00-15.30 Gym Floor	14.40-14.55 Studio
5pm till 10pm	17.30-18.05 Studio JD Burn Karl	17.30-18.05 Studio	17.30-18.05 Studio	17.30-18.15 Spin Studio	17.30-18.05 Studio	17.00-17.35 Studio	17.00-17.30 Rig
	18.15-19.00 Spin Studio Spin Debbie	18.30-19.15 Studio	17.30-18.15 Spin Studio	18.00-18.45 Studio	18.10-18.30 Studio	17.40-17.55 Studio	
	18.15-19.00 Studio Zumba Marika	19.00-19.45 Spin Studio	18.15-18.45 Studio	18.50-19.35 Studio	18.45-19.30 Spin Studio		
	19.05-19.50 Studio Body Conditioning Marika	19.20-20.05 Studio	18.50-19.35 Studio	19.00-19.30 Gym Floor			
	19.30-20.00 Gym Floor Induction Debbie	20.15-20.50 Studio	19.45-20.45 Studio	19.45-20.20 Studio			
	20.15-20.50 Studio JD Burn Debbie		20.00-20.30 Gym Floor	19.45-20.30 Spin Studio			

	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