



## JD GYMS WOLVERHAMPTON - CLASS TIMETABLE

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

	CARDIO
	STRENGTH
	INTERVAL
	MIND / BODY
	DANCE
	BURN

 PT INDUCTION (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