



## JD GYMS - CLASS TIMETABLE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
MORNING 6am till 12pm	6.30-7.05 Studio	JD Burn Aga	6.15-7.00 Spin Studio	Spin Natalie	6.30-7.05 Studio	JD Burn Allan	6.15-7.00 Spin Studio	Spin Mark	6.30-7.05 Studio	JD Burn Karl	8.15-8.50 Studio	JD Burn Natalie	9.30-10.00 Spin Studio	Metafit Karl
	7.10-7.25 Studio	Abs Aga	7.05-7.20 Studio	Abs Natalie	7.10-7.25 Gym Floor	Abs Allan	7.05-7.40 Studio	JD Burn Aga	7.10-7.25 Studio	Abs Karl	8.30-9.15 Spin Studio	Spin Vicky	10.20-11.05 Studio	BodyPump Matty
	9.30-10.15 Studio	Body Combat Sam	9.30-10.00 Studio	Metafit Adele	8.00-8.30 Gym Floor	Induction Allan	7.45-8.00 Studio	Abs Aga	9.30-10.15 Studio	Body Combat Lisa	9.00-9.30 Studio	Metafit Sam		
	10.20-11.05 Studio	Body Pump Sam	10.05-10.50 Studio	LBT Adele	9.15-9.45 Studio	Metafit Lisa	9.00-9.30 Gym Floor	Induction Aga	10.20-11.05 Studio	Body Pump Lisa	9.35-10.35 Studio	Body Balance Sam		
	11.15-12.00 Studio	Body Balance Sam			9.50-10.25 Studio	Body Conditioning Lisa	9.30-10.15 Studio	Body Combat Nikita	11.10-11.55 Studio	Pilates Lisa				
				10.30-11.30 Studio	Body Balance Lisa	10.20-11.05 Studio	Body Pump Nikita							
DAYTIME 12pm till 5pm	12.30-13.00 Rig	X Fit Natalie	12.00-12.35 Studio	JD Burn Natalie	12.15-12.45 Spin Studio	Spin Lizzy	12.00-12.35 Studio	JD Burn Natalie	12.15-12.50 Studio	JD Burn PT				
	13.30-14.00 Spin Studio	Spin Natalie	12.40-12.55 Studio	Abs Natalie	12.50-13.10 Studio	Abs Lizzy	12.40-12.55 Studio	Abs Natalie	14.00-14.30 Gym Floor	Induction PT				
EVENING 5pm till 10pm	17.30-18.05 Studio	JD Burn Karl	17.30-18.05 Studio	JD Burn Scott	17.30-18.05 Studio	JD Burn Aga	17.15-17.45 Studio	BoxFit Lizzy	17.30-18.05 Studio	JD Burn Scott	17.00-17.35 Studio	JD Burn Scott	17.00-17.30 Rig	X Fit Allan
	18.15-19.00 Spin Studio	Spin Natalie	18.30-19.15 Studio	Body Combat Michelle	17.30-18.15 Spin Studio	Spin Vicky	18.00-18.45 Spin Studio	Spin Lizzy	18.10-18.55 Studio	Strong by Zumba Marika	17.40-17.55 Studio	Abs Scott		
	18.15-19.00 Studio	Zumba Marika	19.00-19.45 Spin Studio	Spin Vicky	18.15-18.45 Studio	Metafit Vicky	18.00-18.45 Studio	Body Combat Michelle	19.00-19.30 Spin Studio	Spin Marika				
	19.05-19.50 Studio	Body Conditioning Marika	19.20-20.05 Studio	Body Pump Michelle	18.50-19.35 Studio	LBT Vicky	18.50-19.35 Studio	Body Pump Michelle	19.00-19.45 Studio	BoxFit Lizzy				
					19.45-20.45 Studio	Yoga Rimpby	19.00-19.30 Gym Floor	Induction Natalie						
				20.00-20.30 Gym Floor	Induction Karl	19.45-20.20 Studio	JD Burn Allan							
						19.45-20.30 Spin Studio	Spin Michelle							

	CARDIO
	STRENGTH
	INTERVAL
	MIND / BODY

	JD BURN
	ZUMBA
	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