

JD GYMS HUDDERSFIELD - CLASS TIMETABLE



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
MORNING 6am till 12pm	06:30-07:00 Spin Studio	Spin Polly	06:30-07:05 Studio	JD Burn Anthony	06:30-07:15 Studio	Body Pump Polly	06:30-07:15 Studio	Circuits Anthony	06:30-07:05 Spin Studio	JD BURN Becky	08:15-09:00 Spin Studio	Spin Katie	09:00-09:45 Studio	Body Attack Emily
	07:10-07:45 Studio	JD Burn Jon	07:15-07:45 Studio	Box-fit James	07:20-07:50 Studio	Box-fit James	09:30 -10:05 Studio	JD BURN Anthony	07:30-08:15 Studio	LBT Becky	8:15-8:50 Studio	JD Burn Anthony	10:00-10:35 Studio	JD BURN Matthew
	08:15-08:45 Gym Floor	Induction Jon	09:30-10:30 Studio	Body Pump Aga	08:00 -8:35 Studio	JD BURN James	09:30-10:15 Spin Studio	Spin Polly	9:30-10:15 Studio	Body Pump Polly	09:15-10:15 Studio	Body Pump Katie	10:45-11:30 Spin Studio	Spin Matthew
	10:00 -10:45 Studio	Body Pump Polly	10:30-11:00 Gym Floor	Induction Anthony	09:30-10:15 Spin Studio	Spin Issac	10:20-11:05 Studio	Body Pump Polly	10:30-11:00 Spin Studio	Spin Polly	10:20-10:50 Studio	LBT Katie	11:30-12:15 Studio	Circuits Anthony
	11:10-12:10 Studio	Pilates Nigel	10:35-11:05 Studio	LBT Aga	10:25-11:00 Studio	JD BURN Irina								

DAYTIME 12pm till 5pm	12:15-13:00 Spin Studio	Spin Nigel	12:30-13:05 Studio	JD BURN Becky	12:30-13:00 Studio	Body Pump Aga	12:15-13:00 Spin Studio	Spin Jon	12:15-12:50 Studio	JD BURN James	15:45-16:20 Studio	JD Burn Irina	12:00-12:30 Gym Floor	Induction Anthony
			13:45-14:15 Gym Floor	Induction Becky	13:05-13:35 Studio	Body Attack Aga	12:30-13:30 Spin Studio	Pilates Nigel	12:50-13:05 Studio	Abs James	16:30-17:00 Gym Floor	Induction Irina	16:00-16:35 Studio	JD BURN Graham
							14:30-15:00 Gym Floor	Induction Jon	14:30-15:00 Gym Floor	Induction Nigel				

EVENING 5pm till 10pm	17:30-18:05 Studio	JD BURN Graham H	18:00-18:45 Spin Studio	Spin Matthew	17:30-18:05 Studio	JD BURN Becky	17:30-18:15 Studio	Body Attack Aga	17:30-18:00 Spin Studio	Spin Nigel	17:30-18:05 Studio	Circuits Graham	17:30-18:00 Rig	X Fit Graham
	17:15-17:45 Spin Studio	Spin Claire	18:15-19:00 Studio	Body Attack Caroline	17:35-18:05 Studio	Spin	18:30-19:15 Spin Studio	Spin Adam	17:30-18:05 Studio	JD Burn Irina			18:00-18:30 Gym Floor	Induction Graham
	18:15-19:00 Studio	Body Pump Katie	19:00-19:45 Studio	Pilates Nigel	18:15-19:00 Studio	Body Pump Polly	18:30-19:15 Studio	Step Aga	18:05-18:50 Studio	Body Attack Jane				
	19:30-20:00 Gym Floor	Induction Matthew	19:15-19:45 Spin Studio	Spin Caroline	19:15-20:00 Studio	Step Aga	19:30-20:00 Gym Floor	Induction Adam	19:00-19:45 Studio	Yoga Emily				
	19:00-19:45 Spin Studio	Spin Katie	20:00-20:35 Studio	JD BURN Adam	19:15-20:00 Spin Studio	Spin Polly	19:20-20:05 Studio	Body Balance Aga						
	19:30-20:05 Studio	JD BURN Graham H	20:00-20:30 Gym Floor	Induction Matthew	20:00-21:00 Studio	Body Balance Aga	20:05-20:50 Studio	Box Fit James						
	20:15-20:30 Studio	Abs Graham H												

	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.