



JD GYMS DONCASTER - CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING 6am till 12pm	6:15 - 6:50 Studio JD Burn Mat B	6:15 - 6:50 Studio JD Burn Corey	6:15 - 6:50 Studio JD Burn Mat G	6:15 - 6:50 Studio JD Burn Corrie	6:15 - 6:50 Studio JD Burn Phoebe	8:30 - 9:15 Spin Studio Spin Ian	9:00-9:45 Studio Body Pump Sarah Burton
	6:30 - 7:15 Spin Studio Sean	6:55 - 7:15 Studio JD Abs Burn Corey	6:30 - 7:15 Spin Studio Sean	6:55 - 7:15 Studio JD Abs Burn Corrie	6:30 - 7:15 Spin Studio Spin Ian	8:40 - 9:15 Studio JD Burn Corey	9:50- 10:35 Studio Body Combat Sarah Burton
	7:20 - 7:50 Rig X-FIT Mat B	9:30 - 10:00 Gym Floor Gym Induction Corey	7:20 - 7:50 Rig X-FIT Mat G	9:30 - 10:15 Studio Body Combat Mark	7:20 - 7:40 Studio JD Abs Burn Phoebe	9:20 - 10:05 Studio Body Pump Lewis	9:50 - 10:35 Spin Studio Spin Sean
	8:30 - 9:30 Studio Pilates Liam Ryan	9:30 - 10:15 Spin Studio Spin Anthony	9:15 - 9:50 Studio JD Burn Mat G	10:20 - 11:05 Studio Body Pump Mark	9:30 - 10:15 Studio Zumba Sophie	10:10 - 10:55 Studio Body Attack Lewis	10:45- 11:30 Studio Zumba Abbie
	9:30 - 10:00 Gym Floor Gym Induction Mat B	9:30 - 10:15 Studio Zumba Sophie	10:00 - 10:45 Studio Body Pump Lewis	10:20 - 11:05 Spin Studio Spin Andrea	9:30 - 10:15 Spin Studio Spin Andrea	11:00 - 11:30 Rig X-FIT Corey	11:35 - 12:10 Studio JD Burn Sopie
	9:30 - 10:15 Studio Body Attack Liam Ryan	10:20 - 11:05 Studio LBT Sophie	10:45 - 11:30 Gym Floor Gym Induction Andrea	10:20 - 10:50 Gym Floor Gym Induction Corrie	9:45 - 10:15 Gym Floor Gym Induction Phoebe		
	9:30 - 10:15 Studio Spin Anthony		10:50 - 11:35 Studio Body Attack Lewis	11:15- 11:45 Rig Bootcamp Tom	10:20 - 11:05 Studio LBT Sophie		
	10:20 - 11:05 Studio Body Pump Stephanie				11:10 - 11:45 Studio JD Burn Sophie		
DAYTIME 12pm till 4pm	12:05 - 12:40 Studio JD Burn Andrea	12:15 - 12:45 Gym Floor Gym Induction Corrie	11:50 - 12:25 Studio JD Burn Andrea	12:15 - 12:45 Spin Studio Spin Andrea	12:15 - 12:45 Rig X-FIT Matt G	11:50 - 12:25 Studio JD Burn Phoebe	12:15 - 12:45 Gym Floor Gym Induction
	12:45 - 13:15 Gym Floor Gym Induction Andrea	12:15 - 12:45 Spin Studio Spin Andrea	12:30 - 13:30 Studio Yoga Karolina	12:50 - 13:10 Studio JD Abs Burn Tom	12:30 - 13:30 Studio Pilates Kaitlin	12:30 - 13:30 Studio Yoga Eshrani	13:00-13:30 Rig Bootcamp
		12:50 - 13:10 Studio JD Abs Burn Corrie	13:15 - 13:45 Gym Floor Gym Induction Corrie		12:50 - 13:20 Gym Floor Gym Induction Matt G	13:15 - 13:45 Gym Floor Gym Induction Phoebe	
EVENING 4pm till 10pm	17:30 - 18:00 Spin Studio Spin Holly	16:50-17:25 Studio JD Burn Tom	17:30 - 18:15 Studio Spin Holly	16:45-17:20 Studio JD Burn Joe	17:30 - 18:05 Studio JD Burn Mat B		
	17:30-18:05 Studio JD Burn Corey	17:30 - 18:00 Spin Studio Spin Lesley	17:30-18:05 Studio JD Burn Joe	17:25 - 17:45 Studio JD Abs Burn Joe	18:10 - 18:55 Studio Body Attack Andrea		
	18:10 - 18:55 Studio BodyPump Paul	17:30-18:15 Studio Body Pump Hayleah	18:20 - 19:05 Spin Studio Body Pump Hayleah	17:55-18:40 Spin Studio Spin Mat B	18:10 - 18:40 Spin Studio Spin Sarah		
	18:15 - 19:00 Spin Studio Spin Holly	18:00-18:30 Gym Floor Gym Induction Tom	18:15 - 18:45 Gym Floor Gym Induction Joe	17:55-18:40 Studio Body Pump Stephanie	19:00 - 19:45 Studio Body Pump Sarah		
	19:00 - 19:45 Studio Body Combat Paul	18:20 - 19:05 Studio Body Attack Hayleah	18:30 - 19:15 Spin Studio Spin Ian	18:10-18:40 Studio X-FIT Matt G	19:00 - 19:30 Gym Floor Gym Induction Mat B		
	19:00 - 19:30 Gym Floor Gym Induction Sophie	18:20 - 19:05 Spin Studio Spin Andrea	19:00-19:30 Rig Bootcamp Joe	18:45 - 19:20 Studio JD Burn Matt G	19:45 - 20:45 Studio Yoga Eshranie		
	19:00 - 19:45 Spin Studio Spin Ian	18:30- 19:00 Rig X-FIT Tom	19:10 - 19:55 Studio Body Combat Hayleah	19:00 - 19:45 Spin Studio Spin Mat B			
	19:50 - 20:25 Studio JD Burn Sophie	19:15 - 20:15 Studio Pilates Kaitlin	20:00 - 21:00 Studio Pilates Kaitlin	19:30 - 20:00 Gym Floor Gym Induction Matt G			
				19:35 - 20:20 Studio Zumba Sophie			

- CARDIO
- STRENGTH
- INTERVAL
- MIND / BODY
- DANCE
- BURN
- GYM INDUCTION

PLEASE ENSURE YOU TURN UP ON TIME OR YOU MAY BE REFUSED ENTRY
PLEASE NOTE THIS TIMETABLE MAY BE SUBJECT TO CHANGE