



## JD GYMS NEWCASTLE - CLASS TIMETABLE

|                          | MONDAY                                          | TUESDAY                                         | WEDNESDAY                                        | THURSDAY                                        | FRIDAY                                          | SATURDAY                                         | SUNDAY                                                  |                                                 |
|--------------------------|-------------------------------------------------|-------------------------------------------------|--------------------------------------------------|-------------------------------------------------|-------------------------------------------------|--------------------------------------------------|---------------------------------------------------------|-------------------------------------------------|
| MORNING<br>6am till 12pm | 06:15-06:50<br>Studio<br>JD Burn<br>PT          | 06:15-07:00<br>Spin Studio<br>Spin Studio       | 06:15-06:45<br>Rig<br>X-Fit<br>PT                | 06:15-06:50<br>Studio<br>JD Burn<br>PT          | 06:15-07:00<br>Spin Studio<br>Spin Studio       | 08:30-09:05<br>Studio<br>JD Burn<br>PT           | 08:15-08:50<br>Studio<br>JD Burn<br>PT                  |                                                 |
|                          | 06:55-07:15<br>Studio<br>JD Abs Burn<br>PT      | 06:15-06:50<br>Studio<br>JD Burn<br>PT          | 09:30-10:05<br>Studio<br>JD Burn<br>PT           | 07:00-07:30<br>Rig<br>X-Fit<br>PT               | 06:15-07:00<br>Studio<br>Spin Studio            | 09:15-10:00<br>Studio<br>Body Pump<br>Flo        | 09:00-09:45<br>Spin Studio<br>Beginners Step<br>Sarah D | 09:00-09:45<br>Spin Studio<br>Spin Studio       |
|                          | 09:30-10:15<br>Studio<br>Body Attack<br>Claire  | 09:30-10:00<br>Gym Floor<br>Gym Induction<br>PT | 10:10-10:55<br>Studio<br>LBT<br>Amy              | 09:00-09:30<br>Gym Floor<br>Gym Induction<br>PT | 09:30-10:00<br>Rig<br>X-Fit<br>PT               | 09:30-10:00<br>Gym Floor<br>Gym Induction<br>PT  | 10:00-11:00<br>Studio<br>Body Combat<br>Debbie          | 10:00-11:00<br>Studio<br>Body Combat<br>Debbie  |
|                          | 09:45-10:15<br>Gym Floor<br>Gym Induction<br>PT | 09:30-10:15<br>Spin Studio<br>Spin Studio       | 11:00-11:30<br>Spin Studio<br>Spin Studio        | 09:30-10:00<br>Spin Studio<br>Spin Studio       | 09:30-10:15<br>Studio<br>LBT<br>Jane            | 10:00-10:45<br>Spin Studio<br>Spin Studio        | 10:00-10:30<br>Gym Floor<br>Gym Induction<br>PT         | 10:00-10:30<br>Gym Floor<br>Gym Induction<br>PT |
|                          | 10:20-11:05<br>Studio<br>Zumba<br>Claire        | 10:20-11:20<br>Studio<br>Body Pump<br>Scott     | 11:30-12:00<br>Gym Floor<br>Gym Induction<br>PT  | 10:05-11:05<br>Studio<br>Body Combat<br>Joanne  | 10:00-11:00<br>Gym Floor<br>Gym Induction<br>PT | 10:10-10:55<br>Studio<br>Body Pump<br>Sarah D    | 11:10-12:10<br>Studio<br>Body Pump<br>Debbie            | 11:10-12:10<br>Studio<br>Body Pump<br>Debbie    |
|                          | 10:30-11:00<br>Spin Studio<br>Spin Studio       | 11:30-12:30<br>Studio<br>Yoga<br>Sidonie        |                                                  |                                                 | 10:30-11:15<br>Spin Studio<br>Spin Studio       | 11:00-12:00<br>Studio<br>Body Balance<br>Sarah D | 11:15-11:45<br>Rig<br>X-Fit<br>PT                       | 11:15-11:45<br>Rig<br>X-Fit<br>PT               |
|                          | 11:10-12:10<br>Studio<br>Pilates<br>Chris       |                                                 |                                                  |                                                 | 11.20-12.20<br>Studio<br>Pilates<br>Lynsey      |                                                  |                                                         |                                                 |
| DAYTIME<br>12pm till 5pm | 12:15-12:45<br>Rig<br>X-Fit<br>PT               | 12:35-13:05<br>Rig<br>X-Fit<br>PT               | 12:15-12:50<br>Studio<br>JD Burn<br>PT           | 12:15-12:50<br>Studio<br>JD Burn<br>PT          | 12:15-12:45<br>Spin<br>X-Fit<br>PT              | 11:30-12:00<br>Gym Floor<br>Gym Induction<br>PT  | 12:20-12:55<br>Studio<br>JD Burn<br>PT                  |                                                 |
|                          | 13:00-13:30<br>Gym Floor<br>Gym Induction<br>PT |                                                 | 16:30-17:00<br>Spin Studio<br>Spin Studio        | 16:30-17:00<br>Studio<br>Spin Studio            | 16:30-17:05<br>Studio<br>JD Burn<br>PT          | 12:15-12:45<br>Rig<br>X-Fit<br>PT                | 13:00-13:20<br>Studio<br>JD Abs Burn<br>PT -            |                                                 |
|                          |                                                 | 16:30-17:05<br>Studio<br>JD Burn<br>PT          |                                                  | 17:10-17:30<br>Studio<br>JD Abs Burn<br>PT      |                                                 |                                                  |                                                         |                                                 |
| EVENING<br>5pm till 10pm | 17:00-17:30<br>Spin Studio<br>Spin Studio       | 17:00-17:30<br>Spin Studio<br>Spin Studio       | 17:00-17:35<br>Studio<br>JD Burn<br>PT           | 17:45-18:45<br>Studio<br>Body Combat<br>Sian    | 17:00-17:30<br>Gym Floor<br>Gym Induction<br>PT |                                                  |                                                         |                                                 |
|                          | 17:00-17:35<br>Studio<br>JD Burn<br>PT          | 17:45-18:25<br>Spin Studio<br>Spin Studio       | 17:30-18:15<br>Spin Studio<br>Spin Studio        | 17:45-18:15<br>Rig<br>X-Fit<br>PT               | 17:30-18:15<br>Studio<br>Zumba<br>Sara          |                                                  |                                                         |                                                 |
|                          | 17:45-18:30<br>Spin Studio<br>Spin Studio       | 17:45-18:15<br>Gym Floor<br>Gym Induction<br>PT | 17:45-18:20<br>Studio<br>JD Burn<br>PT           | 18:15-19:00<br>Spin Studio<br>Spin Studio       | 17:30-18:15<br>Spin Studio<br>Spin Studio       | 18:30-19:05<br>Studio<br>Body Balance<br>Sara    |                                                         |                                                 |
|                          | 17:45-18:45<br>Studio<br>Body Pump<br>Flo       | 18:00-18:45<br>Studio<br>Aerobics<br>Scott      | 18:30-19:30<br>Studio<br>Body Pump<br>Lynsey     | 18:30-19:00<br>Gym Floor<br>Gym Induction<br>PT | 18:30-19:00<br>Gym Floor<br>Gym Induction<br>PT |                                                  |                                                         |                                                 |
|                          | 18:30-19:00<br>Rig<br>X-Fit<br>PT               | 18:30-19:15<br>Spin Studio<br>Spin Studio       | 18:30-19:00<br>Gym Floor<br>Gym Induction<br>PT  | 19:05-19:50<br>Studio<br>Body Attack<br>Martin  |                                                 |                                                  |                                                         |                                                 |
|                          | 18:55-19:55<br>Studio<br>Body Combat<br>Debbie  | 18:00-18:30<br>Rig<br>X-Fit<br>PT               | 19:00-19:30<br>Rig<br>X-Fit<br>PT                | 20:00-21:00<br>Studio<br>Yoga<br>Alison         |                                                 |                                                  |                                                         |                                                 |
|                          | 19:00-19:30<br>Gym Floor<br>Gym Induction<br>PT | 18:45-19:30<br>Studio<br>Step<br>Scott          | 19:35-20:20<br>Studio<br>Body Attack<br>Caroline |                                                 |                                                 |                                                  |                                                         |                                                 |
|                          | 19:00-19:45<br>Spin Studio<br>Spin Studio       | 19:30-20:15<br>Studio<br>LBT<br>Scott           |                                                  |                                                 |                                                 |                                                  |                                                         |                                                 |
|                          | 20:00-20:35<br>Studio<br>JD Burn<br>PT          | 20:15-21:00<br>Studio<br>Body Balance<br>Scott  |                                                  |                                                 |                                                 |                                                  |                                                         |                                                 |
|                          |                                                 |                                                 |                                                  |                                                 |                                                 |                                                  |                                                         |                                                 |

■ CARDIO  
■ STRENGTH  
■ INTERVAL  
■ MIND / BODY

■ INDUCTION  
■ DANCE  
■ BURN

NO BOOKING IS REQUIRED  
 PLEASE ENSURE YOU TURN UP ON TIME OR YOU MAY BE REFUSED ENTRY  
 PLEASE NOTE THIS TIMETABLE MAY BE SUBJECT TO CHANGE