

# JD GYMS RE-OPENING CLASS TIMETABLE

## MONDAY

6:15 – 6:50	JD BURN	STUDIO
6:50 – 7:05	JD ABS	STUDIO
9:30 – 10:05	JD BURN	STUDIO
10:35 – 11:05	SPIN	SPIN STUDIO
12:15 – 12:45	X FIT	RIG
17:00 – 17:35	JD BURN	STUDIO
17:50– 18:20	SPIN	SPIN STUDIO
17:50– 18:35	JD TONE	STUDIO
19:00 – 19:45	SPIN	SPIN STUDIO

## THURSDAY

6:15– 6:50	JD BURN	STUDIO
6:50– 7:05	JD ABS	STUDIO
9:30– 10:00	SPIN	SPIN STUDIO
10:15-10:45	X FIT	RIG
12:15 – 12:50	JD BURN	STUDIO
17:45 – 18:15	BOOT CAMP	STUDIO
18:30 – 19:00	SPIN	SPIN STUDIO
19:35 – 20:35	YOGA	STUDIO

## TUESDAY

6:15 – 7:00	SPIN	SPIN STUDIO
9:30 – 10:00	SPIN	SPIN STUDIO
10:15 – 11:00	JD TONE	STUDIO
12:35 – 13:10	JD BURN	STUDIO
17:15 –17:45	SPIN	SPIN STUDIO
17:45 – 18:30	STEP	STUDIO
18:45-19:45	PUMP	STUDIO
18:30 – 19:00	SPIN	SPIN STUDIO

## FRIDAY

6:15– 6:45	SPIN	SPIN STUDIO
9:30 – 10:15	LBT	STUDIO
10:45-11:45	PILATES	STUDIO
10:15 – 10:45	SPIN	SPIN STUDIO
12:15 – 12:45	X FIT	RIG
18:00 – 18:35	JD BURN	STUDIO
18:35– 18:50	JD ABS	STUDIO

## WEDNESDAY

6:15 – 6:45	X FIT	RIG
06:45 – 7:00	JD ABS	RIG
9:30 – 10:05	JD BURN	STUDIO
10:05-10:20	JD ABS	STUDIO
10:45 – 11:15	SPIN	SPIN STUDIO
12:15 – 12:45	LBT	STUDIO
17:00 – 17:35	JD BURN	STUDIO
17:30 – 18:15	SPIN	SPIN STUDIO
17:35 – 17:50	JD ABS	STUDIO
18:30 – 19:15	JD TONE	STUDIO

## SATURDAY

8:30 – 9:05	JD BURN	STUDIO
9:15 – 10:00	SPIN	SPIN STUDIO
10:00 –11:00	BODY PUMP	STUDIO

## SUNDAY

9:00 – 9:30	X FIT	RIG
9:45 – 10:15	SPIN	SPIN STUDIO
09:30-10:30	BODY COMBAT	STUDIO
12:00 – 12:35	JD BURN	STUDIO
12:35 – 12:50	JD ABS	STUDIO

### INFORMATION ON CHANGES TO OUR CLASSES:

This is our re-opening timetable, designed to get our classes moving again whilst maintaining social distancing.

We appreciate that we aren't offering as many class types as we did before lockdown but please be assured that we will gradually phase other classes back in over coming weeks.

Classes will be on a first come first serve basis. Please turn up in good time and take your place in the studio, as per the markings. If all places are full, please join a later class.

Please follow the social disancing and hygiene guidelines when partaking in classes.