



## JD GYMS NEWCASTLE - CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING 6am till 12pm	6:15-6:50 Studio JD Burn Personal Trainer	6:15-7:00 Spin Studio Spin Amy	6:15-06:50 Studio JD Burn Personal Trainer	6:15-6:50 Rig X Fit Personal Trainer	6:15-6:45 Spin Studio Spin Jill	8:30-9:05 Studio JD Burn Personal Trainer	9:00-9:30 Rig X Fit Personal Trainer
	6:55-7:10 Studio JD Abs Personal Trainer	6:15-6:45 Rig X Fit Personal Trainer	6:55-07:10 Studio JD Abs Personal Trainer	9:30-10:00 Spin Studio Spin Personal Trainer	9:30-10:15 Studio LBT Jane	9:15-10:00 Spin Studio Spin Jill	9:30-10:30 Studio Body Combat Debbie
	9:30-10:05 Studio JD Burn Personal Trainer	9:30-10:00 Spin Studio Spin Emma	9:30-10:05 Studio JD Burn Personal Trainer	10:30-11:30 Studio Body Pump Debbie	10:45-11:45 Studio Pilates Lynsey	10:00-11:00 Studio Body Pump Lynsey	9:45-10:15 Spin Studio Spin Personal Trainer
	10:35-11:05 Studio Spin Personal Trainer	10:15-11:00 Studio JD Tone Personal Trainer	10:10-10:25 Studio JD Abs Personal Trainer		10:15-10:45 SpinStudio Spin Nathan	11:00-11:30 Rig X Fit Personal Trainer	
				10:45-11:15 Spin Studio Spin Personal Trainer			
DAYTIME 12pm till 5pm	12:15-12:45 Rig X Fit Personal Trainer	12:15-12:50 Studio JD Burn Personal Trainer	12:15-12:45 Studio LBT Personal Trainer	12:15-12:50 Studio JD Burn Personal Trainer	12:15-12:45 Rig X Fit Personal Trainer		12:00-12:35 Studio JD Burn Personal Trainer
							12:40-12:55 Studio JD Abs Personal Trainer
EVENING 5pm till 10pm	17:00-17:35 Studio JD Burn Personal Trainer	17:15-18:00 Spin Studio Spin Caroline	17:00-17:35 Studio JD Burn Personal Trainer	17:45-18:15 Studio Bootcamp Personal Trainer	18:00-18:35 Studio JD Burn Personal Trainer		
	17:50-18:20 Spin Studio Spin Emma	17:45-18:30 Studio Step Scott	17:30-18:15 Spin Studio Spin Emma	18:30-19:00 Spin Studio Spin Louise	18:40-18:55 Studio JD Abs Personal Trainer		
	18:00-18:45 Studio JD Tone Personal Trainer	18:45-19:45 Studio Body Pump Scott	17:40-17:55 Studio JD Abs Personal Trainer	18:30-19:15 Studio Body Combat Sian			
	19:00-19:45 Studio Spin Louise	18:30-19:00 Spin Studio Spin Personal Trainer	18:30-19:15 Studio JD Tone Personal Trainer	18:30-19:00 Rig X Fit Personal Trainer			
	19:00-19:30 Studio HIIT Step Alison			19:35-20:35 Studio Yoga Alison			

	CARDIO
	STRENGTH
	INTERVAL
	MIND / BODY

	DANCE
	JD BURN

Due to social distancing, class numbers will of course be smaller than usual, but because our studios are so large, we can still cater for lots of people.

We will continue to operate with a first come first serve system. 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 distancing and hygiene guidelines when partaking in classes.