



JD GYMS MANCHESTER - CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING 6am till 12pm	7:30 - 8:15 SpinStudio	7:00 - 7:25 Studio	07:00-07:30 Rig	06:30-07:15 Spin Studio	7:30 - 8:05 Studio	08:30-09:05 Studio	9:30 - 10:05 Studio
	7:30 - 8:15 Studio	7:30 - 8:15 Spin Studio	7:30 - 8:15 Spin Studio	7:30 - 8:05 Studio	8:15 - 8:30 Studio	9:30 - 10:30 Studio	10:15 - 11:00 Studio
	10:00- 10:30 Gym floor	7:30 - 8:05 Studio	7:30 - 8:15 Studio	10:00-10:30 Gym Floor	8:30 - 9:00 Gym Floor	10:30 - 11:30 Studio	11:30 - 12:00 Gym Floor
		9:00 - 9:30 Gym Floor	10:30 - 11:00 Gym Floor			11:45 - 12:30 Spin Studio	
DAYTIME 12pm till 5pm	12:15 - 12:50 Studio	12:15 - 13:00 Spin Studio	12:15 - 12:45 Studio	12:15 - 12:50 Studio	12:15 - 13:00 Studio		
	12:15 - 12:45 Spin Studio	12:15 - 13:15 Studio	13:00 - 13:35 Studio	13:00-13:30 Spin Studio	13:15 - 13:50 Studio		
	12:55 - 13:10 Studio	13:15 - 14:00 Studio	13:45 - 14:00 Gym Floor	13:00-13:45 Studio	15:30- 16:00 Gym Floor		
	13:15 - 14:00 Studio	13:15 - 13:45 Rig	16:30- 17:00 Gym Floor	14:30-15:00 Gym Floor			
EVENING 5pm till 10pm	17:30 - 18:05 Studio	17:30 - 18:15 Gym floor	17:30 - 18:15 Spin Studio	17:30 - 18:05 Studio	17:30 - 18:05 Studio	17:30 - 18:15 Gym Floor	
	18:10 - 18:25 Gym floor	17:30 - 18:30 Studio	17:30 - 18:30 Studio	18:15-18:30 Gym floor	18:15-18:30 Gym floor	17:15-18:15 Studio	
	18:15 - 19:15 Studio	18:30 - 19:15 Spin Studio	18:30 - 19:30 Studio	18:30 - 19:30 Studio	18:30 - 19:30 Studio	17:30 - 18:15 Spin Studio	
	18:30 - 19:15 Spin Studio	18:45 - 19:45 Studio	19:30 - 20:00 Gym floor	19:30 - 20:00 Gym floor	19:30 - 20:00 Gym floor	18:30-19:30 studio	
	19:45 - 20:45 Studio	20:00 - 20:35 Studio	19:45 - 20:45 Gym floor	19:45 - 20:45 Gym floor			
	20:30 - 21:00 Gym Floor	20:45- 21:00 Studio	20:30- 21:00 Gym Floor	20:30- 21:00 Gym Floor			

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

PT DROP IN (Gym)

ALL CLASSES CAN BE BOOKED AND CANCELLED IN THE MEMBERS' AREA OF THE WEBSITE, UP TO 7 DAYS IN ADVANCE.
PLEASE ENSURE YOU TURN UP ON TIME OR YOU MAY BE REFUSED ENTRY
PLEASE NOTE THIS TIMETABLE MAY BE SUBJECT TO CHANGE