



JD GYMS LIVERPOOL AINTREE - CLASS TIMETABLE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
MORNING 6am till 12pm	6:30 - 7:15 Studio	Bootcamp PT	6:30 - 7:05 Studio	JD Burn PT	6:30 - 7:15 Spin Studio	Spin Louise	6:30 - 7:15 Rig	X-Fit PT	6:30 - 7:15 Spin Studio	Spin Louise	9:00 - 9:45 Rig	X-Fit PT	08:30 - 09:00 Gym Floor	PT Drop In PT
	7:15 - 7:30 Studio	Abs PT	7:05 - 7:20 Studio	Abs PT	6:30 - 7:15 Studio	S&C PT	8:00 - 8:30 Gym Floor	PT Drop In PT	7:15 - 7:30 Studio	Abs PT	10:00 - 10:45 Spin Studio	Spin PT	9:00 - 9:45 Spin Studio	Spin Chris
	8:30 - 9:00 Gym Floor	PT Drop In PT	8:00 - 8:30 Gym Floor	PT Drop In PT	9:00 - 9:30 Gym Floor	PT Drop In PT	9:30 - 10:05 Studio	JD Burn PT	8:30 - 9:00 Gym Floor	PT Drop In PT	11:00 - 11:35 Studio	JD Burn PT	10:00 - 10:45 Studio	Body Pump Paul
	9:30 - 10:15 Spin Studio	Spin Jenny	9:30 - 10:15 Studio	LBT PT	9:30 - 10:15 Spin Studio	Spin Chris	10:15 - 11:00 Spin Studio	Spin Kirsty	9:30 - 10:05 Studio	JD Burn PT	11:35 - 11:50 Studio	Abs PT	11:00 - 12:00 Studio	Yoga Siobhan
				10:30 - 11:05 Studio	JD Burn PT						11:30 - 12:00 Gym Floor	PT Drop In PT		
DAYTIME 12pm till 5pm	12:15-12:50 Studio	JD Burn PT	12:00 - 12:30 Gym Floor	PT Drop In PT	12:15 - 12:45 Spin Studio	Spin PT	12:00 - 12:30 Gym Floor	PT Drop In PT						
	16:30-17:00 Gym Floor	PT Drop In PT			12:45 - 13:00 Studio	Abs PT								
EVENING 5pm till 10pm	17:30 - 18:15 Spin Studio	Spin Clare	17:30 - 18:05 Studio	JD Burn PT	17:30 - 18:15 Spin Studio	Spin Kirsty	17:30 - 18:05 Studio	JD Burn PT	17:30 - 18:15 Spin Studio	Spin Clare				
	17:30 - 18:15 Studio	Body Pump Kate	18:05 - 18:20 Studio	Abs PT	17:30 - 18:15 Studio	Body Pump Louise	18:05 - 18:20 Studio	Abs PT	18:30 - 19:05 Studio	JD Burn PT				
	18:30 - 19:15 Studio	Body Combat Laura	18:30 - 19:15 Studio	Body Pump Louise	18:30 - 19:15 Studio	Body Combat Kirsty	18:30 - 19:15 Studio	Body Pump Kate	19:05 - 19:20 Studio	Abs PT				
	18:30 - 19:15 Rig	X-Fit PT	19:20 - 20:05 Spin Studio	Spin Chris	18:30 - 19:15 Rig	X-Fit PT	19:20 - 20:05 Spin Studio	Spin Louise	19:30 - 20:00 Gym Floor	PT Drop In PT				
	19:30 - 20:30 Studio	Yoga Rachael	19:30 - 20:30 Studio	Zumba Kim	19:30 - 20:30 Studio	Yoga Siobhan	19:30 - 20:30 Studio	Zumba Kim						
	19:30 - 20:00 Gym Floor	PT Drop In PT	19:30 - 20:00 Gym Floor	PT Drop In PT	19:30 - 20:00 Gym Floor	PT Drop In PT	19:30 - 20:00 Gym Floor	PT Drop In PT						

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

PT DROP IN

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