



## JD GYMS LIVERPOOL EDGE LANE - CLASS TIMETABLE

|                                 | MONDAY                     | TUESDAY                    | WEDNESDAY                  | THURSDAY                   | FRIDAY                    | SATURDAY                 | SUNDAY                   |
|---------------------------------|----------------------------|----------------------------|----------------------------|----------------------------|---------------------------|--------------------------|--------------------------|
| <b>MORNING</b><br>6am till 12pm | 6:30-7:15<br>Spin Studio   | 6:30-7:15<br>Studio        | 6:30-7:15<br>Spin Studio   | 6:30-7:15<br>Studio        | 6:30-7:15<br>Spin Studio  | 9:00-9:45<br>Spin Studio | 8:15-8:45<br>Gym Floor   |
|                                 | 6:30-7:05<br>Studio        | 7:30-8:00<br>Gym Floor     | 6:30-7:15<br>Studio        | 8:45-9:15<br>Gym Floor     | 6:30-7:00<br>Gym Floor    | 9:00-9:45<br>Studio      | 9:00-9:35<br>Studio      |
|                                 | 8:00-8:30<br>Gym Floor     | 9:30-10:15<br>Studio       | 6:30-7:00<br>Gym Floor     | 9:30-10:05<br>Studio       | 9:30-10:15<br>Spin Studio | 10:00-10:45<br>Studio    | 9:40-10:00<br>Studio     |
|                                 | 9:30-10:15<br>Spin Studio  | 10:30-11:00<br>Studio      | 9:30-10:15<br>Studio       | 10:10-10:30<br>Studio      | 9:30-10:15<br>Studio      | 10:20-10:50<br>Gym Floor | 10:00-11:00<br>Studio    |
|                                 | 10:20-11:05<br>Studio      | 11:10-11:30<br>Studio      | 9:30-10:05<br>Studio       |                            |                           | 11:00-12:00<br>Studio    |                          |
|                                 |                            |                            | 11:10-11:30<br>Studio      |                            |                           | 11:00-11:45<br>Gym Floor |                          |
| <b>DAYTIME</b><br>12pm till 5pm | 12:20-12:40<br>Studio      | 12:15-12:45<br>Studio      | 12:15-12:45<br>Studio      | 12:15-12:45<br>Studio      |                           |                          | 12:00-12:30<br>Gym Floor |
|                                 |                            |                            |                            |                            |                           |                          |                          |
|                                 |                            |                            |                            |                            |                           |                          |                          |
| <b>EVENING</b><br>5pm till 10pm | 17:30-18:15<br>Spin Studio | 17:30-18:15<br>Studio      | 17:30-18:15<br>Spin Studio | 17:30-18:05<br>Studio      | 17:30-18:15<br>Studio     |                          |                          |
|                                 | 17:30-18:05<br>Studio      | 18:00-18:45<br>Spin Studio | 17:30-18:15<br>Studio      | 18:20-19:05<br>Studio      | 18:20-18:50<br>Studio     |                          |                          |
|                                 | 18:20-19:05<br>Studio      | 18:20-19:05<br>Studio      | 18:20-19:05<br>Studio      | 18:45-19:30<br>Spin Studio | 19:00-20:00<br>Studio     |                          |                          |
|                                 | 18:20-19:05<br>Gym Floor   | 19:15-19:45<br>Gym Floor   | 18:20-19:05<br>Gym Floor   | 19:30-20:30<br>Studio      | 20:00-20:30<br>Gym Floor  |                          |                          |
|                                 | 19:15-19:45<br>Gym Floor   | 19:15-20:00<br>Studio      | 19:15-19:35<br>Gym Floor   | 20:30-21:00<br>Gym Floor   |                           |                          |                          |
|                                 | 19:15-20:15<br>Studio      |                            | 19:45-20:15<br>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