



JD GYMS MANCHESTER - CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
MORNING 6am till 12pm	7:30 - 8:15 SpinStudio	Spin Joel	7:30 - 8:05 Studio	JD Burn Tania	07:00-07:45 Rig	Strength and con Jessie	06:30-07:15 Spin Studio	Spin Saf	7:30 - 8:05 Studio	JD Burn Kyle	08:30-09:05 Studio	JD Burn Saf	9:30 - 10:05 Studio	JD Burn Patrik
	7:30 - 8:15 Studio	Body Pump Shamine	8:05 - 8:20 Studio	Abs Tania	7:30 - 8:15 Spin Studio	Spin Martin	7:30 - 8:05 Studio	JD Burn Saf	8:15 - 8:30 Studio	Abs Kyle	9:30 - 10:30 Studio	Body Pump Chongwei	10:15 - 11:00 Studio	Strength and con Patrik
	10:00 - 10:30 Gym floor	PT Drop in PT	9:00 - 9:30 Gym Floor	PT Drop In PT	7:30 - 8:15 Studio	Body Pump Shamine	10:00-10:30 Gym Floor	PT Drop In PT	8:30 - 9:00 Gym Floor	PT Drop In PT	10:30 - 11:30 Studio	Body Combat Hugo	11:30 - 12:00 Gym Floor	PT Drop In PT
					10:30 - 11:00 Gym Floor	PT Drop In PT					11:45 - 12:30 Spin Studio	Spin Saf		
DAYTIME 12pm till 5pm	12:15 - 12:50 Studio	JD Burn Patrik	12:15 - 13:00 Spin Studio	Spin Joel	12:15 - 12:45 Studio	LBT Owen	12:15 - 12:50 Studio	JD Burn Owen	12:15 - 13:00 Studio	Strength and Con Patrik				
	12:15 - 12:45 Spin Studio	Express Spin Martin Worth	12:15 - 13:00 Studio	Body Pump Shamine	13:00 - 13:35 Studio	JD Burn Kyle	13:00-13:30 Spin Studio	Spin Owen	13:15 - 13:50 Studio	JD Burn Patrik				
	12:55 - 13:10 Studio	Abs Patrik	13:10 - 13:45 Studio	JD Burn Joel	13:45 - 14:00 Gym Floor	Abs Kyle	13:00-13:45 Studio	Yoga Catherine	15:30 - 16:00 Gym Floor	PT Drop in PT				
	13:15 - 14:00 Studio	LBT Patrik			16:30 - 17:00 Gym Floor	PT Drop in PT	14:30-15:00 Gym Floor	PT Drop in PT						
EVENING 5pm till 10pm	17:30 - 18:05 Studio	JD Burn Kyle	17:30 - 18:15 Gym floor	Bootcamp Saf	17:30 - 18:15 Spin Studio	Spin Jordan	17:30 - 18:05 Studio	JD Burn Renata	17:30 - 18:15 Gym Floor	X-Fit Owen				
	18:10 - 18:25 Gym floor	Abs Kyle	17:30 - 18:30 Studio	Body Pump Shamine	17:30 - 18:30 Studio	Body Pump Chongwei	18:15-18:30 Gym floor	Abs Renata	17:15-18:15 Studio	Body Pump Luan Le				
	18:15 - 19:15 Studio	Body Pump Luan Le	18:30 - 19:15 Spin Studio	Spin Saf	18:30 - 19:30 Studio	Body Combat Shamine	18:30 - 19:30 Studio	Zumba Carloid	17:30 - 18:15 Spin Studio	Spin Joel				
	18:30 - 19:15 Spin Studio	Spin Joel	18:45 - 19:45 Studio	Zumba Carloid	19:30 - 20:00 Gym floor	HIIT Jordan	19:30 - 20:00 Gym floor	PT Drop In PT	18:30-19:30 studio	Yoga Catherine				
	19:45 - 20:45 Studio	Yoga Jacob	20:00 - 20:35 Studio	Burn Saf	19:45 - 20:45 Studio	Yoga Catherine								
	20:30 - 21:00 Gym Floor	PT Drop In P.T	20:45- 21:00 Studio	Abs Renata	20:30- 21:00 Gym Floor	PT Drop In PT								

- 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