



JD GYMS ROCHDALE - CLASS TIMETABLE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
MORNING 6am till 12pm	06:30-07:15 Rig	Boot Camp Nick	06:30-07:15 Spin Studio	Spin Connor	06:30-07:00 Rig	Bootcamp Josh	06:30-07:00 Rig	Bootcamp Tim	06:30-07:15 Spin Studio	Spin Kev	08:30-09:00 Studio	HIIT Connor	09:30-10:15 Studio	Body Conditioning Paula
	08:00-08:30 Gym Floor	PT Drop-In Nick	08:30-09:00 Gym Floor	PT Drop-In Josh	09:30-10:15 Studio	LBT Paula	07:00-07:15 Studio	Abs and Core Tim	07:00-07:30 Rig	Bootcamp Owen	09:00-09:45 Studio	LBT Josh	10:30-11:00 Studio	Spin Charlie
	09:30-10:00 Rig	HIIT Nick	09:30-10:15 Studio	LBT Josh	10:30-11:00 Gym Floor	PT Drop-In Nick	09:00-10:00 Gym Floor	PT Drop-In Tim	09:00-10:00 Gym Floor	PT Drop-In Owen	09:45-10:30 Studio	Step Kat	10:15-11:00 Studio	LBT Paula
	09:30-10:15 Studio	Body Combat Rachael	10:15-10:45 Spin Studio	Spin Josh	10:15-11:00 Studio	Pilates Paula	09:30-10:15 Studio	LBT Sharron	09:30-10:15 Studio	Body Combat Kev	10:00-10:30 Spin Studio	Spin Nabila		
	10:30-11:15 Studio	Body Pump Rachael					10:15-11:00 Studio	Body Combat Sharron	10:30-11:15 Studio	Kettlebells Josh	10:45-11:30 Studio	Body Pump Nabila		
DAYTIME 12pm till 5pm														
					12:30-13:00 Gym Floor	PT Drop-In Nick	12:00-12:30 Gym Floor	PT Drop-In Nick	13:30-14:00 Gym Floor	PT Drop-In Josh				
EVENING 5pm till 10pm	17:30-18:00 Studio	Boot Camp Joe	17:30-18:15 SpinStudio	Spin Kim	17:45-18:15 Studio	HIIT Connor	17:30-18:00 Studio	Bootcamp Connor	17:30-18:00 Studio	HIIT Joe				
	18:00-18:30 Boxing Area	Boxercise Joe	17:45-18:15 Studio	Boot Camp Owen	18:15-19:00 Spin Studio	Spin Kim	18:00-18:30 Spin Studio	Spin Connor	18:00-18:30 Gym Floor	PT Drop-in Joe				
	18:00-18:45 Spin Studio	Spin Charlie	18:30-19:15 Studio	Body Pump Imogen	18:15-19:00 Studio	Body Attack Sarah	18:15-19:00 Studio	Pilates Paula	18:00-18:45 Studio	Body Attack Craig				
	18:00-18:45 Studio	Body Combat Imogen	19:00-19:30 Gym Floor	PT Drop-In Owen	18:30-19:00 Gym Floor	PT Drop-in Connor	19:00-19:30 Boxing Area	Boxercise Joe	18:00-18:45 Spin Studio	Spin Charlie				
	19:00-19:45 Studio	Body Pump Imogen	19:15-20:00 Studio	Body Combat Imogen	19:15-20:00 Studio	Pilates Kim	19:00-19:30 Gym Floor	PT Drop-in Connor	18:45-19:30 Studio	Body Pump Craig				
	19:30-20:00 Gym Floor	PT Drop-In Joe			20:00-20:45 Studio	Body Pump Laura	19:15-20:00 Studio	LBT Paula						
	20:15-21:15 Studio	Pilates Megan												

- CARDIO
- STRENGTH
- INTERVAL
- MIND / BODY

PT DROP IN (HELP POINT)

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