



## JD GYMS GLASGOW - CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING 6am till 12pm	06.30 - 07.05 JD Burn	06.30 - 07.15 Spin	06.30 - 07.05 JD Burn	06.30 - 07.15 Spin	06.30 - 07.05 JD Burn	09.00 - 09.45 Spin Studio	10.00 - 11.00 Studio
	09.30 - 10.00 Studio	09.20 - 09.50 Rig	10.45-11.15 Studio	09.30 - 10.30 Studio	10.00 - 11.00 Studio	10.00 - 11.00 Studio	11.00 - 11.35 JD Burn
	11.00 - 11.30 Gym Floor	10.00 - 11.00 Studio		09.20 - 09.50 Rig		11.00 - 11.45 Studio	
		10.30 - 11.00 Gym Floor				11.15-11.45 Rig	
DAYTIME 12pm till 5pm	12.10 - 12.45 JD Burn		12.10 - 12.45 JD Burn		12.10 - 12.45 JD Burn	12.00 - 12.35 JD Burn	11.40 - 12.25 Spin Studio
	12.50-13.10 Studio		12.50-13.10 Studio			12.45 - 13.15 Studio	12.30 - 13.30 Studio
	13.30 - 14.00 Gym Floor					13.30 - 14.00 Gym Floor	
EVENING 5pm till 10pm	17.30 - 18.05 JD Burn	17.30 - 18.15 Spin Studio	17.30 - 18.15 Studio	17.45 - 18.45 Studio	17.30 - 18.30 Studio		
	17.45 - 18.30 Spin Studio	18.00 - 18.30 Studio	17.30 - 18.00 JD Burn	18.00 - 18.35 JD Burn	17.30 - 18.05 JD Burn		
	18.00 - 18.45 Studio	18.00 - 18.35 JD Burn	18.30 - 19.00 Gym Floor	18.40 - 19.25 Spin Studio	18.15 - 19.00 Spin Studio		
	18.50 - 19.35 Studio	18.45 - 19.30 Studio	18.30 - 19.30 Studio	18.50 - 19.35 Studio	19.10 - 19.40 Rig		
	18.50 - 19.35 Spin Studio	19.00 - 19.35 JD Burn	18.30 - 19.15 Spin Studio		19.45 - 20.05 Studio		
	19.00 - 19.30 Gym Floor	19.45 - 20.30 Studio	19.45 - 20.45 Studio				
	19.40 - 20.25 Studio	19:45 - 20.30 Spin Studio					
	19.45 - 20.20 JD Burn	20.30 - 21.30 Studio					
	20.30 - 21.30 Studio						

	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

