



JD GYMS LIVERPOOL - CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING 6am till 12pm	6:45-7:15 Studio HIIT PT	07:00-7:30 Spin studio SPIN MICHAELLA	6:45-7:15 Studio STEP IT UP PT	6:45-7:15 The Rig THE RIG PT	06:45-07:15 Studio HIIT PT	9:30-10:00 Studio BOX FIT KURT	9:00-10:00 Studio YOGA INIGO
	7:00-8:00 Gym Floor PT DROP IN PT	07:00-8:00 Studio BODY COMBAT LEE	7:00-7:30 Studio GRIT LEE	8:00-9:00 Gym Floor PT DROP IN PT	7:15-8:00 Spin studio SPIN GRACE	10:00-11:00 Studio BODYPUMP JULIE	10:30-11:15 Studio KETTLEBELLS PT
	7:15-8:00 Spin studio SPIN GRACE	07:15-08:00 The Rig BOOTCAMP PT	7:15-8:00 Spin studio SPIN MICHAELLA	7:15-8:00 Studio LBT PT	7:30-8:00 Studio CIRCUIT PT	11:00-12:00 Studio BODY BALANCE JULIE	11:00-12:00 Gym Floor PT DROP IN PT
						11:00-12:00 Gym Floor PT DROP IN PT	13:00-14:00 Gym Floor PT DROP IN PT
	10:30-11:15 Studio LBT PT	10:30-11:00 Studio STEP HIIT PT	10:30-11:15 Studio KETTLEBELLS PT	10:30-11:00 Studio STEP HIIT PT	10:30-11:15 The Rig THE RIG PT		
DAYTIME 12pm till 5pm	12:10-12:55 Studio BODYPUMP REBECCA	12:15-12:45 Spin Studio SPIN MICHAELLA	12:10-12:55 Studio BODY COMBAT VASCO	12:15-12:45 Spin Studio SPIN PEPI	12:15-13:00 Studio LBT PT	12:15-12:45 Studio STEP HIIT G	
	12:15-12:45 The Rig THE RIG PT	12:00-12:30 The Rig XFIT PT	12:15-12:45 The Rig THE RIG PT	12:15-12:45 Studio BOX FIT PT	13:00-13:30 studio STEP HIIT PT	13:00-14:00 Gym Floor PT DROP IN PT	
	13:15-13:45 Spin studio SPIN PEPI	12:30-13:15 Studio LBT PT	13:15-13:45 Spin Studio SPIN PEPI	13:15-13:45 Studio KETTLEBELLS PT	13:15-13:45 Studio SPIN GRACE	14:00-14:30 The Rig THE RIG PT	
	13:00-13:30 Studio ABS BLAST PT		13:15-13:45 Studio CIRCUITS PT		13:30-14:00 Studio ABS BLAST PT		
EVENING 5pm till 10pm	17:30-18:00 Spin Studio SPIN MICHAELLA	17:30-18:00 Spin Studio SPIN MICHAELLA	17:30-18:00 Spin Studio SPIN GRACE	17:30-18:00 Spin Studio SPIN PEPI	17:30-18:00 Spin Studio SPIN PEPI		
	17:30-18:00 Studio GRIT APPI	17:30-18:30 Studio BODYPUMP VASCO	17:30-18:30 Studio BODY BALANCE VASCO	17:30-18:00 Studio METAFIT LISA	17:30-18:00 Studio GRIT LEE		
	17:30-18:00 Gym Floor PT DROP IN PT	18:00-19:00 PT PT DROP IN PT	17:30-18:15 The Rig THE RIG XL PT	17:30-18:30 Gym Floor PT DROP IN PT	17:30-18:30 Gym Floor PT DROP IN PT		
	18:00-19:00 Studio BODYPUMP APPI	18:15-19:00 Spin Studio SPIN GRACE	18:15-19:00 Spin Studio SPIN GRACE	18:00-19:00 Studio BODY COMBAT LAURA	18:30-19:30 Studio ZUMBA LINDA		
	18:00-18:30 Boxing Rig BOX FIT PT	18:30-19:30 Studio BODY COMBAT VASCO	18:30-19:30 Gym Floor PT DROP IN PT	19:00-20:00 Studio BODYPUMP LOUISE	19:30-20:30 Studio PILATES		
	18:15-19:00 Spin Studio SPIN VASCO	19:00-19:30 The Rig THE RIG PT	18:30-19:30 Studio ZUMBA LINDA				
	19:00-20:00 Studio YOGA INIGO	19:30-20:30 Studio BODY BALANCE VASCO	19:30-20:30 Studio YOGA LOUISE				
	19:00-20:00 Gym Floor PT DROP IN PT	19:00-20:00 Gym Floor PT DROP IN PT					

	CARDIO		PT DROP IN
	STRENGTH / TONING		
	INTERVAL		
	MIND / BODY		

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