



JD GYMS PRESTON - CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING 6am till 12pm	6.30-7.05 Studio JD Burn PT	6.30-7.15 Studio Body Pump Steve	06.30-07.00 Spin Studio Sprint Adele	6.30-7.15 Rig X Fit PT	6.30-7.00 Studio JD Burn PT	9.15-10.00 Spin Studio Spin Amanda	9.00-9.35 Studio JD Burn PT
	7.05-7.50 Spin Studio Spin Steve	7.20-7.55 Studio JD Burn PT	07.00-7.15 Studio Abs PT	7.25-8.00 Studio JD Burn PT	7.05-7.35 Spin Studio Sprint Michelle	9.15-9.50 Studio JD Burn PT	9.45-10.15 Studio Metafit Nikki
	7.50-8.05 Studio Abs PT	8.15-8.45 Gym Floor Induction PT	8.00-8.30 Gym Floor Induction PT	9.30-10.00 Studio LBT PT	7.35-7.55 Studio Abs PT	10.10-10.55 Studio Body Pump Amanda	10.25-11.10 Spin Studio Spin Nikki
		9.45-10.15 Rig X Fit PT			9.30-10.00 Gym Floor Induction PT	11.00-11.45 Studio Body Balance Amanda	
DAYTIME 12pm till 5pm	12.30-13.00 Rig X Fit PT	12.30-13.05 Studio JD Burn PT	12.30-13.00 Spin Studio Spin PT	12.30-13.05 Studio JD Burn PT	12.30-13.00 Rig X Fit PT	12.30-13.00 Studio Abs PT	15.30-16.00 Gym Floor Induction PT
	13.00-13.15 Studio Abs PT	13.30-14.00 Gym Floor Induction PT	13.00-13.15 Studio Abs PT	13.15-13.45 Gym Floor Induction PT	13.00-13.15 Studio Abs PT		
					16.30-17.00 Gym Floor Induction PT		
EVENING 5pm till 10pm	17.45-18.20 Studio JD Burn PT	17.45-18.30 Studio Boxercise Janusz	17.30-18.00 Studio Metafit Marie	17.45-18.30 Studio Body Pump Nikki	17.30-18.00 Studio Metafit Sean	17.30-18.05 Studio JD Burn PT	17.00-17.45 Rig X Fit PT
	18.00-18.30 Spin Studio Sprint Adele	18.00-18.45 Spin Studio Spin Steve	18.10-19.10 Studio Body Pump Marie	17.45-18.15 Gym Floor Induction PT	18.05-18.40 Studio JD Burn PT		
	18.40-19.25 Studio Body Pump Adele	18.35-19.10 Studio JD Burn PT	18.15-19.00 Spin Studio Spin Emma	18.45-19.20 Studio JD Burn PT	18.40-19.00 Studio Abs PT		
	19.00-19.30 Gym Floor Induction PT	19.15-20.00 Studio Body Pump Steve	18.30-19.00 Gym Floor Induction PT	18.40-19.25 Spin Studio Spin Nikki			
	19.30-20.15 Studio Body Balance Adele	20.00-20.30 Gym Floor Induction PT	19.15-20.00 Studio Body Balance Ellie	19.30-20.15 Studio Boxercise Janusz			
		20.00-20.30 Studio JD Burn PT	20.15-20.35 Studio Abs PT				

	CARDIO
	STRENGTH
	INTERVAL
	MIND / BODY

	INDUCTION
	JD BURN
	DANCE

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