



JD GYMS WIGAN - CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING 6am till 12pm	06:15-07:00 JD Burn	07:00-07:35 JD Burn	06:15-07:00 Studio	06:15-06:55 JD Burn	06:15-07:00 JD Burn	08:15-08:50 JD Burn	09:00-09:45 Studio
	07:00-07:45 Spin Studio	07:45-08:00 Rig	07:00-07:45 Spin Studio	07:00-07:15 Gym Floor	07:00-07:45 Spin Studio	09:00-10:00 Studio	09:30-10:15 Spin Studio
	07:00-07:35 JD Burn	09:30-10:05 JD Burn	07:45-08:00 Rig	08:00-09:00 Gym Floor	07:45-08:00 JD Burn	10:00-10:45 Spin Studio	9:45-10:15 Studio
	07:45-08:00 JD Burn	09:30-10:15 Spin Studio	09:30-10:05 JD Burn	09:30-10:05 JD Burn	09:00-09:30 Rig	10:00-11:00 Studio	10:30-11:30 Studio
	09:30-10:15 JD Burn	09:30-10:30 Studio	09:30-10:15 Spin Studio	09:30-10:15 Spin Studio	09:30-10:15 Spin Studio	10:00-11:00 JD Burn	11:00-11:35 JD Burn
	09:30-10:15 Spin Studio	10:00-10:30 Gym Floor	09:30-10:30 Studio	09:30-10:15 Studio	09:30-10:15 Studio	11:00-11:35 JD Burn	11:30-12:30 Studio
	09:30-10:30 Studio	10:30-11:30 Studio	10:30-11:30 Studio	10:30-11:30 Studio	09:30-10:15 JD Burn	11:45-12:00 Studio	11:45-12:00 Studio
10:30-11:30 Studio	Stretch & Tone Amy C				10:15-11:00 Studio	Body Pump Sarah	
DAYTIME 12pm till 5pm	12:30-13:05 JD Burn	12:30-13:00 Rig	12:30-13:00 Spin Studio	12:30-13:00 JD Burn		12:30-13:00 Rig	12:30-13:00 Rig
	13:15-13:30 JD Burn	13:00-13:15 Studio	13:00-13:35 JD Burn	13:00-13:15 JD Burn		13:00-13:15 Rig	13:00-13:15 Studio
	13:30-14:30 Gym Floor	13:30-14:05 JD Burn	13:45-14:00 JD Burn	13:30-14:05 JD Burn		13:30-14:15 Gym Floor	13:30-14:15 Gym Floor
EVENING 5pm till 10pm	17:30-18:05 JD Burn	17:00-17:35 JD Burn	17:30-18:05 JD Burn	17:00-18:00 Studio	17:30-18:15 Spin Studio	16:00-16:30 Rig	16:00-16:30 Rig
	18:10-18:45 JD Burn	18:00-18:45 Spin Studio	17:30-18:00 Studio	17:30-18:00 JD Burn	17:30-18:30 Studio	16:30-16:45 Rig	16:30-16:45 Rig
	17:45-18:30 Studio	18:00-18:30 Studio	18:00-19:00 Studio	18:00-19:00 Studio	18:00-18:30 JD Burn	18:00-18:35 Gym Floor	18:00-18:35 Gym Floor
	18:00-18:45 Spin Studio	18:30-18:45 JD Burn	18:15-19:00 Spin Studio	18:00-18:45 Spin Studio	18:30-18:45 Studio		
	18:30-19:25 Studio	19:00-19:30 JD Burn	19:00-20:00 Studio	18:00-18:35 JD Burn	19:00-19:35 Gym Floor		
	19:00-19:35 JD Burn	19:00-20:00 Studio	20:00-20:30 Gym Floor	19:15-20:00 Studio			
	19:30-20:00 Studio	19:30-20:15 Spin Studio		20:00-20:30 Gym Floor			
	20:00-20:45 Spin Studio	20:00-21:00 Studio		20:00-21:00 Studio			
20:00-21:00 Studio							

	CARDIO
	STRENGTH
	INTERVAL
	MIND / BODY

	JD BURN
	INDUCTION (Gym)

ALL CLASSES CAN BE BOOKED AND CANCELLED IN THE MEMBERS' AREA OF THE WEBSITE, PLEASE ENSURE YOU TURN UP ON TIME OR YOU MAY BE REFUSED ENTRY
PLEASE NOTE THIS TIMETABLE MAY BE SUBJECT TO CHANGE