



CLASS TIMETABLE

ENDURANCE **STRENGTH AND TONE** **ENDURANCE AND TONE** **STRETCH AND RELAXATION**

MON		9.30AM - 10.15AM L.B.T.	10.30AM - 11.15AM CIRCUIT		5.15PM - 6.00PM CORE/ABS	6.15PM - 7.00PM GROUP CYCLE		7.15PM - 8.00PM L.B.T.	8.15PM - 9.15PM YOGA
TUES	7.00AM - 7.45AM HIIT	9.15AM - 10.15AM STRENGTH & CONDITIONING	10.30AM - 11.30AM GROUP CYCLE			5.30PM - 6.00PM CIRCUIT	7.30PM - 8.15PM DANCE FIT	8.15PM - 9.00PM HIIT	
WEDS		9.30AM - 10.30AM CIRCUIT	10.30AM - 11.30AM L.B.T.	1.00PM - 1.45PM TONE & PUMP	5.15PM - 6.00PM BODY CONDITIONING	6.15PM - 7.00PM GROUP CYCLE		7.30PM - 8.30PM YOGALATES	
THURS	7.00AM - 7.45AM HIIT/ABS	9.15AM - 10.00AM STEP	10.15AM - 11.15AM BOOTCAMP		5.15PM - 6.00PM SPIN		7.15PM - 8.00PM L.B.T.		8.15PM - 9.00PM STRENGTH & CONDITIONING
FRI		8.45AM - 9.15AM FUNCTIONAL GYM CLASS		10.15AM - 11.30AM STRETCH & MOBILITY	5.15PM - 6.00PM CORE/ABS	6.00PM - 7.15PM GROUP CYCLE	7.15PM - 8.00PM TONE & PUMP		
SAT				9.15AM - 10.00AM L.B.T.	11.00AM - 12.00PM DANCE FIT	2.00PM - 2.45PM GROUP CYCLE			
SUN		8.45AM - 9.30AM GROUP CYCLE	10.00AM - 11.00PM BOOTCAMP		2.00PM - 2.45PM BODY CONDITIONING				

*OPEN TO ALL GYM MEMBERS. ALL CLASSES SUBJECT TO CHANGE.



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Please leave a review of any of our classes on the Jeffrey Humble Facebook page.