

BenDunneGyms - Carlisle

Timetable from 1st July 2017

/ Monday

| | |
|---------------|--------------------------------|
| 07:00 – 07:45 | BD POWER SPIN (Max 51)* |
| 09:30 – 10:10 | BD X-FIT (Max 28)* |
| 09:30 – 10:20 | BD YOGA (Max 35) |
| 10:15 – 11:00 | BD POWER SPIN (Max 51)* |
| 10:30 – 11:15 | BD YOGA (Max 35) |
| 11:15 – 12:15 | ZUMBA (Max 45) |
| 17:30 – 18:15 | BD POWER SPIN (Max 51)* |
| 18:00 – 18:30 | BD BOOTY BLITZ (Max 45) |
| 18:45 – 19:30 | BD KETTLEBELL CIRCUIT (Max 28) |
| 18:30 – 19:15 | BD POWER SPIN (Max 51)* |
| 19:30 – 20:25 | BD YOGA (Max 35) |
| 19:30 – 20:15 | BD POWER SPIN (Max 51)* |
| 20:30 – 21:30 | BD PILATES (Max 30) |

/ Tuesday

| | |
|---------------|----------------------------|
| 07:00 – 07:45 | BD X-FIT (Max 28)* |
| 09:30 – 10:10 | BD POWER SPIN (Max 51)* |
| 10:15 – 11:00 | BD STRENGTH & CONDITIONING |
| 11:15 – 12:15 | BD YOGA (Max 35) |
| 17:30 – 18:15 | BD X-FIT (Max 28)* |
| 17:30 – 18:15 | BD POWER SPIN (Max 51)* |
| 18:30 – 19:15 | BD STRENGTH & CONDITIONING |
| 18:30 – 19:15 | BD POWER SPIN (Max 51)* |
| 19:30 – 20:15 | BD POWER SPIN (Max 51)* |
| 19:30 – 20:30 | ZUMBA (Max 45) |
| 20:30 – 21:15 | BD POWER SPIN (Max 51)* |
| 20:30 – 21:30 | BD PILATES (Max 30) |

/ Wednesday

| | |
|---------------|--------------------------------|
| 07:00 – 07:45 | BD POWER SPIN (Max 51)* |
| 09:30 – 10:10 | BD X-FIT (Max 28)* |
| 10:15 – 11:00 | BD POWER SPIN (Max 51)* |
| 10:30 – 11:15 | ZUMBA (Max 45) |
| 11:15 – 12:15 | BD PILATES (Max 30) |
| 17:30 – 18:15 | BD POWER SPIN (Max 51)* |
| 18:00 – 18:30 | BD XTREME (Max 30) |
| 18:30 – 19:15 | BD KETTLEBELL CIRCUIT (Max 28) |
| 18:30 – 19:15 | BD POWER SPIN (Max 51)* |
| 19:30 – 20:15 | BD BURN & FIRM (Max 40) |
| 19:30 – 20:15 | BD POWER SPIN (Max 51)* |
| 20:30 – 21:30 | BD YOGA (Max 35) |

/ Thursday

| | |
|---------------|----------------------------|
| 07:00 – 07:45 | BD X-FIT (Max 28)* |
| 09:30 – 10:10 | BD POWER SPIN (Max 51)* |
| 10:15 – 11:00 | BD STRENGTH & CONDITIONING |
| 11:15 – 12:15 | BD PILATES (Max 30) |
| 18:00 – 18:45 | BD X-FIT (Max 28)* |
| 18:00 – 18:45 | BD POWER SPIN (Max 51)* |
| 19:00 – 19:45 | BD STRENGTH & CONDITIONING |
| 19:00 – 19:45 | BD POWER SPIN (Max 51)* |
| 20:00 – 21:00 | ZUMBA (Max 45) |
| 20:00 – 20:40 | BD POWER SPIN (Max 51)* |

/ Friday

| | |
|---------------|-------------------------|
| 07:00 – 07:45 | BD POWER SPIN (Max 51)* |
| 09:30 – 10:10 | BD X-FIT (Max 28)* |
| 10:15 – 11:00 | BD POWER SPIN (Max 51)* |
| 11:30 – 12:30 | BD YOGA (Max 35) |
| 17:00 – 17:45 | BD POWER SPIN (Max 51) |
| 18:00 – 19:00 | ZUMBA (Max 45) |
| 18:00 – 18:45 | BD POWER SPIN (Max 51)* |

/ Saturday

| | |
|---------------|----------------------------|
| 09:15 – 09:55 | BD STRENGTH & CONDITIONING |
| 10:00 – 10:15 | BD CORE BLAST (Max 45) |
| 10:30 – 11:15 | BD POWER SPIN (Max 51)* |
| 11:30 – 12:15 | BD POWER SPIN (Max 51)* |
| 12:30 – 13:15 | BD X-FIT (Max 28)* |

/ Sunday

| | |
|---------------|--------------------------------|
| 10:30 – 11:15 | BD POWER SPIN (Max 51)* |
| 11:30 – 12:15 | BD KETTLEBELL CIRCUIT (Max 28) |

/ Notes

- All classes are subject to alteration.
- Limited amount of places on each class.
- Please notify the class instructors on any medical condition and pregnancies.
- There will be no classes during Bank holiday Weekends, including Saturday, Sunday & Monday.
- Please bring your own mat for Yoga & Pilate class
- * = Gym Floor
- BD Strength & Conditioning (Max 40)
- BD Spin Bike Attire – **Only** Shorts & Leggings permitted **NO** Track Suit bottoms.

www.bendunnegyms.com