

# BenDunneGyms - Carlisle

Timetable from 1<sup>st</sup> September 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 HIIT (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](http://www.bendunnegyms.com)