

BenDunneGyms - Cherrywood

Timetable from 1st July 2017

/ Monday

07:00 – 07:45	BD POWER SPIN (Max 46)
09:30 – 10:15	BD STRENGTH & CONDITIONING
10:30 – 11:10	BD POWER SPIN (Max 46)
17:00 – 17:30	BD BOOTY BLITZ (Max 40)
17:30 – 18:15	BD POWER SPIN (Max 46)
18:30 – 19:15	BD STRENGTH & CONDITIONING
18:30 – 19:15	BD X-FIT (Max 20)
19:30 – 20:15	BD POWER SPIN (Max 46)
20:30 – 21:30	ZUMBA (Max 35)

/ Wednesday

07:00 – 07:45	BD POWER SPIN (Max 46)
09:30 – 10:15	BD POWER SPIN (Max 46)
10:30 – 11:10	BD BOOTCAMP (Max 40)
11:15 – 12:15	YOGA (Max 35)
12:45 – 13:30	BD X-FIT (Max 20)
17:30 – 18:00	BD HIIT (Max 40)
18:30 – 19:15	BD STRENGTH & CONDITIONING
18:30 – 19:15	BD X-FIT (Max 20)
19:30 – 20:15	BD POWER SPIN (Max 46)
20:30 – 21:30	ZUMBA (Max 35)

/ Friday

07:00 – 07:45	BD BOX & BURN (Max 20)
09:30 – 10:15	BD BOOTCAMP (Max 40)
10:30 – 11:15	BD POWER SPIN (Max 46)
18:00 – 18:45	BD POWER SPIN (Max 46)

/ Saturday

09:30 – 10:10	BD STRENGTH & CONDITIONING
10:15 – 10:30	BD CORE BLAST (Max 40)
11:30 – 12:15	BD POWER SPIN (Max 46)

/ Tuesday

07:00 – 07:45	BD KETTLEBELL CIRCUIT (Max 35)
09:30 – 10:15	BD POWER SPIN (Max 46)
10:30 – 11:10	BD STRENGTH & CONDITIONING
11:15 – 12:15	BD YOGA (Max 35)
17:30 – 18:15	BD POWER SPIN (Max 46)
18:30 – 19:00	BD HIIT (Max 40)
18:30 – 19:15	BD X-FIT (Max 20)
19:30 – 20:15	BD BOOTCAMP (Max 40)
20:30 – 21:30	BD YOGA (Max 35)

/ Thursday

07:00 – 07:45	BD POWER SPIN (Max 46)
09:30 – 10:15	BD STRENGTH & CONDITIONING
10:30 – 11:10	BD POWER SPIN (Max 46)
11:30 – 12:30	BD PILATES (Max 35)
18:00 – 18:45	BD POWER SPIN (Max 46)
19:00 – 19:45	BD KETTLEBELL CIRCUIT (Max 35)
20:00 – 21:00	BD PILATES (Max 35)

/ 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
- Please bring your own Gloves & Pads for BD Box & Burn class.
- (Maximum amount of people per class)
- Suspension Training (Max 10)
- BD Strength & Conditioning (Max 40)
- BD Spin Bike Attire – **Only** Shorts & Leggings permitted **NO** Track Suit bottoms.

www.bendunnegyms.com