

# BenDunneGyms - Cherrywood

Timetable from 2<sup>nd</sup> January 2018

## / Monday

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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 HIIT (Max 35)
17:30 – 18:15	BD POWER SPIN (Max 46)
18:30 – 19:15	BD STRENGTH & CONDITIONING
19:30 – 20:15	BD POWER SPIN (Max 46)
20:30 – 21:30	ZUMBA (Max 35)

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## / Wednesday

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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)

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## / Friday

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07:00 – 07:45	BD X-FIT (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)

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## / Saturday

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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)

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## / Tuesday

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07:00 – 07:35	BD HIIT (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)

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## / Thursday

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07:00 – 07:45	BD KETTLEBELL CIRCUIT (Max 35)
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)

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## / Notes

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- 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.
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