

# BenDunneGyms - Innovation Park

Timetable from 1<sup>st</sup> June 2017

## */ Monday*

06:30 – 07:15	BD POWER SPIN (Max 29)
09:30 – 10:15	BD CIRCUIT (Max 20)
17:30 – 18:15	BD POWER SPIN (Max 29)
18:30 – 19:15	BD BOOTCAMP (Max 20)
19:30 – 20:30	ZUMBA (Max 35)

## */ Wednesday*

06:30 – 07:15	BD POWER SPIN (Max 29)
09:30 – 10:15	BD BLT (Max 35)
17:30 – 18:15	BD POWER SPIN (Max 29)
18:30 – 19:15	BD STRENGTH & CONDITIONING
19:30 – 20:30	ZUMBA (Max 35)

## */ Friday*

06:30 – 07:15	BD POWER SPIN (Max 29)
09:30 – 10:15	BD BOX & BURN (Max 18)
17:30 – 18:15	BD CIRCUIT (Max 20)
18:30 – 19:15	BD STRENGTH & CONDITIONING

## */ Saturday*

09:30 – 10:15	BD KETTLEBELL CIRCUIT (Max 20)
10:30 – 11:15	BD STRENGTH & CONDITIONING
11:30 – 12:15	BD POWER SPIN (Max 29)

## */ Tuesday*

06:30 – 07:15	BD BLT (Max 35)
09:30 – 10:15	BD STRENGTH & CONDITIONING
10:30 – 11:15	BD POWER SPIN (Max 29)
17:30 – 18:15	BD BOX & BURN (Max 18)
18:30 – 19:15	BD BLT (Max 35)
19:30 – 20:30	BD PILATES (Max 30)

## */ Thursday*

06:30 – 07:15	BD BOOTCAMP (Max 20)
09:30 – 10:15	BD KETTLEBELL CIRCUIT (Max 20)
17:30 – 18:15	BD POWER SPIN (Max 29)
18:30 – 19:15	BD BLT (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)
- BD Strength & Conditioning (Max 30)
- BD Spin Bike Attire – **Only** Shorts & Leggings permitted **NO** Track Suit bottoms.

[www.bendunnegyms.com](http://www.bendunnegyms.com)