

# BenDunneGyms - Jervis Street

Timetable from 15<sup>th</sup> May 2017

## **/ Monday**

---

07:30 – 08:15	BD POWER SPIN (Max 29)
17:30 – 18:15	BD POWER SPIN (Max 29)
18:30 – 19:00	BD BOOTY BLITZ (Max 20)
19:00 – 19:45	BD BOOTCAMP (Max 20)
19:00 – 20:00	BD YOGA (Max 10)
20:00 – 20:45	BD POWER SPIN (Max 29)

---

## **/ Wednesday**

---

07:30 – 08:15	BD POWER SPIN (Max 29)
12:45 – 13:45	BD YOGA (Max 10)
17:30 – 18:15	BD POWER SPIN (Max 29)
18:30 – 19:00	BD BOOTY BLITZ (Max 20)
19:00 – 19:45	BD POWER SPIN (Max 29)
19:00 – 20:00	BD PILATES (Max10)
20:00 – 20:45	BD BOOTCAMP (Max 20)

---

## **/ Friday**

---

13:00 – 13:45	BD POWER SPIN (Max 29)
17:45 – 18:30	BD POWER SPIN (Max 29)
18:45 – 19:30	BD BOOTCAMP (Max 20)

---

## **/ Saturday**

---

10:00 – 11:00	BD YOGA (Max 10)
12:00 – 12:45	BD BOOTCAMP (Max 20)
13:00 – 13:45	BD POWER SPIN (Max 29)

---

## **/ Tuesday**

---

07:30 – 08:15	BD POWER SPIN (Max 29)
12:45 – 13:30	BD PILATES (Max 10)
13:00 – 13:45	BD POWER SPIN (Max 29)
17:30 – 18:15	BD POWER SPIN (Max 29)
18:30 – 19:15	BD BOOTCAMP (Max 20)
19:00 – 20:00	BD PILATES (Max10)
19:30 – 20:00	BD BOOTY BLITZ (Max 20)
20:00 – 20:45	BD POWER SPIN (Max 29)

---

## **/ Thursday**

---

13:00 – 13:45	BD POWER SPIN (Max 29)
17:45 – 18:30	BD POWER SPIN (Max 29)
18:45 – 19:30	BD X-FIT (Max 10)
19:30 – 20:30	ZUMBA (Max 20)

---

## **/ 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
  - (Maximum amount of people per class)
  - BD Spin Bike Attire – **Only** Shorts & Leggings permitted **NO** Track Suit bottoms.
- 

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