

BenDunneGyms - Jervis Street

Timetable from 1st September 2017

/ Monday

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|---------------|-------------------------|
| 07:30 – 08:15 | BD POWER SPIN (Max 29) |
| 17:30 – 18:15 | BD POWER SPIN (Max 29) |
| 18:30 – 19:00 | BD KETTLEBELLS (Max 15) |
| 19:00 – 19:45 | BD BURN & FIRM (Max 20) |
| 19:00 – 20:00 | BD YOGA (Max 10) |
| 20:00 – 20:45 | BD POWER SPIN (Max 29) |

/ Wednesday

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|---------------|-------------------------|
| 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 KETTLEBELLS (Max 15) |
| 19:00 – 19:45 | BD POWER SPIN (Max 29) |
| 19:00 – 20:00 | BD PILATES (Max10) |
| 20:00 – 20:45 | BD BURN & FIRM (Max 20) |

/ Friday

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|---------------|------------------------|
| 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

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|---------------|------------------------|
| 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 STRENGTH & CONDITIONING |
| 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) |
| 17:30 – 18:15 | BD POWER SPIN (Max 29) |
| 18:30 – 19:15 | BD STRENGTH & CONDITIONING |
| 19:30 – 20:30 | ZUMBA (Max 20) |

/ 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
 - (Maximum amount of people per class)
 - BD Strength & Conditioning (Max 15)
 - BD Spin Bike Attire – **Only** Shorts & Leggings permitted **NO** Track Suit bottoms.
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www.bendunnegyms.com