

# BenDunneGyms - Jervis Street

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

## / Monday

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

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)
18:00 - 18:55	BD PILATES (Max 10)
18:30 – 19:00	BD KETTLEBELLS (Max 15)
19:00 – 19:45	BD POWER SPIN (Max 29)
20:00 – 20:45	BD BURN & FIRM (Max 20)

## / Friday

13:00 – 13:45	BD POWER SPIN (Max 29)
17:30 – 18:15	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 – 13:40	BD POWER SPIN (Max 29)
13:45 – 14:00	BD CORE BLAST (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 (Max 10)
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

- 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 Powerspin & Core (Max 29)
- BD Spin Bike Attire – **Only** Shorts & Leggings permitted **NO** Track Suit bottoms.

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