

# BenDunneGyms - Lucan

Timetable from 1<sup>st</sup> August 2018

## **/ Monday**

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|               |                               |
|---------------|-------------------------------|
| 07:00 – 07:30 | BD POWER SPIN (Max 25)        |
| 09:30 – 10:15 | BD POWER SPIN & CORE (Max 25) |
| 10:30 – 11:00 | BD HIIT (Max 20)              |
| 17:30 – 18:00 | BD POWER SPIN (Max 25)        |
| 18:15 – 18:55 | BD STRENGTH & CONDITIONING    |
| 19:00 – 19:50 | BD PILATES (Max 25)           |
| 20:00 – 20:30 | BD POWER SPIN (Max 25)        |

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## **/ Wednesday**

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|---------------|------------------------|
| 07:00 – 07:30 | BD POWER SPIN (Max 25) |
| 09:30 – 10:15 | BD BOOTCAMP (Max 20)   |
| 10:30 – 11:00 | BD POWER SPIN (Max 25) |
| 18:00 – 18:30 | BD HIIT (Max 20)       |
| 18:45 – 19:15 | BD POWER SPIN (Max 25) |
| 19:30 – 19:50 | BD CORE BLAST (Max 20) |
| 20:00 – 21:00 | ZUMBA (Max 30)         |

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## **/ Friday**

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|---------------|-------------------------------|
| 07:00 – 07:40 | BD POWER SPIN & CORE (Max 25) |
| 09:30 – 10:10 | BD BOOTCAMP (Max 20)          |
| 10:15 – 10:45 | BD POWER SPIN (Max 25)        |
| 18:00 – 18:30 | BD POWER SPIN (Max 25)        |
| 18:40 – 18:55 | BD CORE BLAST (Max 20)        |

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## **/ Saturday**

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|---------------|-------------------------------|
| 09:30 – 10:00 | BD HIIT (Max 20)              |
| 10:15 – 11:00 | BD POWER SPIN & CORE (Max 25) |

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## **/ Tuesday**

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|               |                                |
|---------------|--------------------------------|
| 07:00 – 07:45 | BD STRENGTH & CONDITIONING     |
| 09:30 – 10:10 | BD X-FIT (Max 20)              |
| 10:20 – 10:50 | BD POWER SPIN (Max 25)         |
| 17:30 – 18:10 | BD BOOTY BLITZ & CORE (Max 20) |
| 18:20 – 19:00 | BD KETTLEBELL CIRCUIT (Max 20) |
| 19:10 – 19:25 | BD CORE BLAST (Max 20)         |
| 19:30 – 20:00 | BD POWER SPIN (Max 25)         |
| 20:00 – 21:00 | BD YOGA (Max 25)               |

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## **/ Thursday**

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|               |                            |
|---------------|----------------------------|
| 07:00 – 07:45 | BD X-FIT (Max 20)          |
| 09:30 – 10:10 | BD STRENGTH & CONDITIONING |
| 10:15 – 10:45 | BD POWER SPIN (Max 25)     |
| 17:30 – 18:10 | BD X-FIT (Max 20)          |
| 18:30 – 19:00 | BD POWER SPIN (Max 25)     |
| 19:15 – 19:45 | BD HIIT (Max 20)           |
| 20:00 – 21:00 | BD YOGA (Max 25)           |

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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
  - (Maximum amount of people per class)
  - BD Strength & Conditioning (Max 20)
  - BD Spin Bike Attire – **Only** Shorts & Leggings permitted **NO** Track Suit bottoms.
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[www.bendunnegyms.com](http://www.bendunnegyms.com)