

# BenDunneGyms - Lucan

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

## **/ Monday**

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

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## **/ Wednesday**

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07:00 – 07:45	BD POWER SPIN (Max 25)
09:30 – 10:10	BD X-FIT (Max 15)
10:15 – 11:00	BD STRENGTH & CONDITIONING
18:00 – 18:30	BD HIIT (Max 20)
18:45 – 19:25	BD POWER SPIN & CORE (Max 25)
19:30 – 20:30	ZUMBA (Max 30)

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## **/ Friday**

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07:00 – 07:45	BD POWER SPIN & CORE (Max 25)
09:30 – 10:10	BD STRENGTH & CONDITIONING
10:15 – 11:00	BD POWER SPIN (Max 25)
18:00 – 18:55	BD POWER SPIN & CORE (Max 25)

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## **/ Saturday**

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09:30 – 10:10	BD STRENGTH & CONDITIONING
10:15 – 11:00	BD POWER SPIN (Max 25)
11:05 – 11:20	BD CORE BLAST (Max 25)

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## **/ Tuesday**

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07:00 – 07:45	BD STRENGTH & CONDITIONING
09:30 – 10:10	BD BURN & FIRM (Max 25)
10:15 – 11:00	BD POWER SPIN (Max 25)
17:30 – 18:00	BD BOOTY BLITZ (Max 25)
18:15 – 18:55	BD KETTLEBELL CIRCUIT (Max 15)
19:00 – 19:15	BD CORE BLAST (Max 25)
19:30 – 20:30	BD YOGA (Max 25)

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## **/ Thursday**

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07:00 – 07:45	BD X-FIT (Max 15)
09:30 – 10:10	BD BURN & FIRM (Max 25)
10:15 – 11:00	BD POWER SPIN (Max 25)
17:30 – 18:15	BD STRENGTH & CONDITIONING
18:30 – 19:15	BD POWER SPIN (Max 25)
19:30 – 20:30	BD PILATES (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 18)
  - BD Spin Bike Attire – **Only** Shorts & Leggings permitted **NO** Track Suit bottoms.
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[www.bendunnegyms.com](http://www.bendunnegyms.com)