

# BenDunneGyms - Navan

## / Monday

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|               |                            |
|---------------|----------------------------|
| 06:45 – 07:30 | BD POWER SPIN (Max 30)     |
| 09:45 – 10:30 | BD STRENGTH & CONDITIONING |
| 11:15 – 12:15 | BD YOGA (Max 35)           |
| 18:00 – 18:45 | BD POWER SPIN (Max 30)     |
| 19:00 – 19:45 | BD STRENGTH & CONDITIONING |

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## / Tuesday

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|               |                               |
|---------------|-------------------------------|
| 06:45 – 07:30 | BD STRENGTH & CONDITIONING    |
| 09:45 – 10:30 | BD POWER SPIN & CORE (Max 30) |
| 18:00 – 18:45 | BD BURN & FIRM (Max 30)       |
| 19:00 – 19:45 | BD X-FIT (Max 20)*            |
| 19:00 – 20:00 | BD PILATES (Max 35)           |

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## / Wednesday

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|               |                            |
|---------------|----------------------------|
| 06:45 – 07:30 | BD POWER SPIN (Max 30)     |
| 09:45 – 10:30 | BD X-FIT (Max 20)*         |
| 18:00 – 18:45 | BD STRENGTH & CONDITIONING |
| 19:00 – 19:45 | BD POWER SPIN (Max 30)     |
| 20:00 – 21:00 | BD YOGA (Max 35)           |

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## / Thursday

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|               |                            |
|---------------|----------------------------|
| 06:45 – 07:30 | BD CIRCUIT & CORE (Max 20) |
| 09:45 – 10:30 | BD STRENGTH & CONDITIONING |
| 18:00 – 18:45 | BD X-FIT (Max 20)*         |
| 19:00 – 19:45 | BD BURN & FIRM (Max 30)    |
| 20:00 – 21:00 | ZUMBA (Max 30)             |

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## Timetable from 1<sup>st</sup> February 2018

## / Friday

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|               |                        |
|---------------|------------------------|
| 06:45 – 07:30 | BD BOOTCAMP* (Max 20)  |
| 10:00 – 11:00 | BD PILATES (Max 35)    |
| 18:00 – 18:45 | BD POWER SPIN (Max 30) |

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## / Saturday

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|---------------|-------------------------------|
| 09:00 – 09:45 | BD POWER SPIN & CORE (Max 30) |
| 10:00 – 10:55 | BD PILATES (Max 35)           |
| 11:00 – 11:45 | BD STRENGTH & CONDITIONING    |

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## / 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 30)
- \* @ Functional Training Area
- BD Spin Bike Attire – **Only** Shorts & Leggings permitted **NO** Track Suit bottoms.