

# BenDunneGyms - Navan

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

## / Monday

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

## / Wednesday

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)

## / Friday

06:45 – 07:30	BD BOOTCAMP* (Max 25)
10:00 – 11:00	BD PILATES (Max 35)
18:00 – 18:45	BD POWER SPIN & CORE (Max 30)

## / Saturday

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

## / Sunday

10:00 – 10:45	BD POWER SPIN (Max 30)
11:00 – 11:45	BD BOOTCAMP (Max 25)

## / Tuesday

06:45 – 07:30	BD STRENGTH & CONDITIONING
09:45 – 10:30	BD POWER SPIN & CORE (Max 30)
17:30 – 18:00	BD POWER SPIN (Max 30)
18:15 – 19:00	BD BURN & FIRM (Max 25)
19:00 – 19:45	BD X-FIT (Max 20)*
19:00 – 20:00	BD PILATES (Max 35)

## / Thursday

06:45 – 07:30	BD CIRCUIT & CORE (Max 25)
09:45 – 10:30	BD STRENGTH & CONDITIONING
18:00 – 18:45	BD X-FIT (Max 20)*
19:00 – 19:30	BD HIIT (Max 35)
20:00 – 21:00	ZUMBA (Max 30)

## / 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 25)
- \* @ Functional Training Area
- BD Spin Bike Attire – **Only** Shorts & Leggings permitted **NO** Track Suit bottoms.

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