

BenDunneGyms - Navan

/ Monday

06:45 – 07:30	BD POWER SPIN (Max 30)
09:45 – 10:30	BD X-FIT (Max 20)*
11:15 – 12:15	BD YOGA (Max 30)
18:00 – 18:45	BD POWER SPIN (Max 30)
19:00 – 19:45	BD STRENGTH & CONDITIONING

/ Tuesday

06:45 – 07:30	BD STRENGTH & CONDITIONING
09:45 – 10:30	BD POWER SPIN (Max 30)
18:00 – 18:45	BD KETTLEBELL CIRCUIT (Max 20)
19:00 – 19:45	BD X-FIT (Max 20)*
19:00 – 20:00	BD PILATES (Max 30)

/ Wednesday

06:45 – 07:30	BD POWER SPIN (Max 30)
09:45 – 10:30	BD BURN & FIRM (Max 30)
18:00 – 18:45	BD STRENGTH & CONDITIONING
19:00 – 19:45	BD POWER SPIN (Max 30)
20:00 – 21:00	BD YOGA (Max 30)

/ Thursday

06:45 – 07:30	BD X-FIT (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)

Timetable from 1st September 2017

/ Friday

06:45 – 07:30	BD BOOTCAMP (Max 30)
10:00 – 11:00	BD PILATES (Max 30)
18:00 – 18:45	BD POWER SPIN (Max 30)
18:45 – 19:00	BD CORE BLAST (Max 30)

/ Saturday

09:00 – 09:40	BD POWER SPIN (Max 30)
09:45 – 10:00	BD CORE BLAST (Max 30)
10:00 – 10:55	BD PILATES (Max 30)
11:00 – 11:45	BD X-FIT (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 30)
- * @ Functional Training Area
- BD Spin Bike Attire – **Only** Shorts & Leggings permitted **NO** Track Suit bottoms.