

# BenDunneGyms - Navan

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

## / Monday

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|               |                            |
|---------------|----------------------------|
| 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 |

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## / Wednesday

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|               |                            |
|---------------|----------------------------|
| 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)           |

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## / Friday

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|               |                            |
|---------------|----------------------------|
| 06:45 – 07:30 | BD STRENGTH & CONDITIONING |
| 10:00 – 11:00 | BD PILATES (Max 30)        |
| 18:00 – 18:45 | BD POWER SPIN (Max30)      |
| 18:45 – 19:00 | BD CORE BLAST (Max 30)     |

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## / Saturday

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|---------------|----------------------------|
| 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 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 (Max 30)         |
| 10:30 – 11:30 | ZUMBA (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)            |

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## / Thursday

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|               |                            |
|---------------|----------------------------|
| 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)             |

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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.

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

