

BenDunneGyms - Northwood

Timetable from 1st October 2017

/ Monday

06:30 – 07:15	BD POWER SPIN *ST2 (Max 40)
09:30 – 10:10	BD X-FIT (Max 20)**
10:15 – 11:00	BD POWER SPIN *ST2 (Max 40)
11:15 – 12:15	BD PILATES (Max 35)
17:30 – 18:15	BD STRENGTH & CONDITIONING
18:30 – 19:15	BD STEP MUSCLE (Max 38)
18:30 – 19:15	BD X-FIT (Max 20)**
18:30 – 19:15	BD POWER SPIN *ST2 (Max 40)
19:30 – 20:15	BD KETTLEBELLS (Max 25)
20:30 – 21:30	BD PILATES (Max 35)

/ Tuesday

06:30 – 07:30	BD STRENGTH & CONDITIONING
09:30 – 10:10	BD POWER SPIN*ST2 (Max 40)
10:15 – 11:00	BD BOOTCAMP (Max 35)
11:15 – 12:15	BD YOGA (Max 35)
17:30 – 18:15	BD BOX & BURN (Max 20)
18:30 – 19:15	BD STEP (Max 38)
18:30 – 19:15	BD X-FIT (Max 20)**
19:30 – 20:15	BD POWER SPIN*ST2 (Max 40)
19:30 – 20:15	BD SUSPENSION TRAINING(Max 20)**
19:30 – 20:15	BD STRENGTH & CONDITIONING
20:30 – 21:30	ZUMBA (Max 35)

/ Wednesday

06:30 – 07:15	BD POWER SPIN *ST2 (Max 40)
09:30 – 10:15	BD STRENGTH & CONDITIONING
10:15 – 11:00	BD POWER SPIN *ST2 (Max 40)
11:15 – 12:15	ZUMBA (Max 35)
17:30 – 18:15	BD BURN & FIRM (Max 35)
18:15 – 19:15	BD YOGA *ST2 (Max 35)
18:30 – 19:15	BD STEP (Max 38)
18:30 – 19:15	BD X-FIT (Max 20)**
19:30 – 20:15	BD POWER SPIN *ST2 (Max 40)

/ Thursday

06:30 – 07:15	BD X-FIT (Max 20)**
09:30 – 10:10	BD SUSPENSION TRAINING(Max 20)**
10:15 – 11:00	BD POWER SPIN *ST2 (Max 40)
17:30 – 18:00	BD BOOTY BLITZ (Max 35)
18:15 – 19:00	BD STRENGTH & CONDITIONING
19:00 – 19:45	BD POWER SPIN *ST2 (Max 40)
19:00 – 19:55	BD YOGA (Max 35)
20:00 – 21:00	ZUMBA (Max 35)

/ Friday

06:30 – 07:15	BD POWER SPIN *ST2 (Max 40)
09:30 – 10:15	BD BURN & FIRM (Max 35)
10:15 – 11:00	BD POWER SPIN *ST2 (Max 40)
11:30 – 12:30	ZUMBA (Max 35)
18:30 – 19:15	BD X-FIT (Max 20)**

/ Saturday

09:30 – 10:15	BD POWER SPIN *ST2 (Max 40)
10:30 – 11:10	BD BOOTCAMP (Max 35)
11:15 – 11:30	BD CORE BLAST (Max 35)
11:30 – 12:15	BD X-FIT (Max 20)**

/ Sunday

10:30 – 11:15	BD POWER SPIN *ST2 (Max 40)
11:15 – 11:30	BD CORE BLAST (Max 35)
11:30 – 12:15	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)
- *ST2 = Studio 2
- ** = Ground Floor
- BD Strength & Conditioning (Max 35)
- BD Spin Bike Attire – **Only** Shorts & Leggings permitted **NO** Track Suit bottoms.

www.bendunnegyms.com