

# BenDunneGyms - Sandyford

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

## / Monday

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07:00 – 07:45	BD POWER SPIN (Max 30)
09:30 – 10:10	BD STRENGTH & CONDITIONING
10:15 – 11:00	BD POWER SPIN & CORE (Max 30)
17:30 – 18:15	BD BOOTCAMP (Max 30)
18:30 – 19:15	BD POWER SPIN (Max 30)
18:30 – 19:15	BD X-FIT (Max 15)*
19:30 – 20:10	BD STRENGTH & CONDITIONING
20:15 – 21:00	BD PILATES (Max 30)

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## / Tuesday

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07:00 – 07:45	BD POWER SPIN (Max 30)
09:30 – 10:10	BD STRENGTH & CONDITIONING
10:15 – 11:00	BD POWER SPIN (Max 30)
11:15 – 12:15	BD PILATES (Max 30)
17:30 – 18:10	BD BURN & FIRM (Max 30)
18:15 – 19:00	BD STEP MUSCLE (Max 30)
19:15 – 20:00	BD POWER SPIN & CORE (Max 30)
20:15 – 21:15	ZUMBA (Max 30)

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## / Wednesday

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07:00 – 07:45	BD HIIT (Max 25)
09:30 – 10:10	BD POWER SPIN (Max 30)
10:15 – 11:00	BD STRENGTH & CONDITIONING
17:30 – 18:15	BD HIIT (Max 25)
18:30 – 19:15	BD STRENGTH & CONDITIONING
19:30 – 20:15	BD ZUMBA STEP (Max 25)
20:30 – 21:30	BD YOGA (Max 30)

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## / Thursday

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07:00 – 07:45	BD POWER SPIN (Max 30)
09:30 – 10:15	BD BURN & FIRM (Max 30)
10:15 – 11:00	BD POWER SPIN & CORE (Max 30)
18:15 – 18:55	BD KETTLEBELL CIRCUIT (Max 20)
19:00 – 19:45	BD X-FIT (Max 15)*
19:00 – 19:45	BD POWER SPIN (Max 30)
20:00 – 20:45	BD PILATES (Max 30)

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## / Friday

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07:00 – 07:45	BD POWER SPIN (Max 30)
09:30 – 10:10	BD STRENGTH & CONDITIONING
10:15 – 11:00	BD POWER SPIN & CORE (Max 30)
17:30 – 18:15	BD BURN & FIRM (Max 30)

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## / Saturday

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09:30 – 10:25	ZUMBA (Max 30)
10:30 – 11:15	BD POWER SPIN (Max 30)
11:30 – 12:15	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)
- \*= 1<sup>st</sup> Floor @ 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)