

BenDunneGyms - Sandyford

Timetable from 1st October 2017

/ 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 – 19:00 | BD X-FIT (Max 10)* |
| 19:30 – 20:10 | BD STRENGTH & CONDITIONING |
| 20:15 – 21:00 | BD PILATES (Max 30) |

/ 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 CIRCUIT (Max 30) |
| 19:15 – 20:00 | BD POWER SPIN & CORE (Max 30) |
| 20:15 – 21:15 | ZUMBA (Max 30) |

/ 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 – 18:10 | 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) |

/ 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 – 19:30 | BD X-FIT (Max 10)* |
| 19:00 – 19:45 | BD POWER SPIN (Max 30) |
| 20:00 – 20:45 | BD PILATES (Max 30) |

/ 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 |

/ Saturday

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|---------------|----------------------------|
| 09:30 – 10:30 | ZUMBA (Max 30) |
| 10:30 – 11:10 | BD POWER SPIN (Max 30) |
| 11:15 – 12:00 | BD STRENGTH & CONDITIONING |

/ 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)
- *= 1st Floor @ Functional Training Area
- BD Spin Bike Attire – **Only** Shorts & Leggings permitted **NO** Track Suit bottoms.

www.bendunnegyms.com