

# BenDunneGyms - Switch Island

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

## */ Monday*

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06:30 – 07:15	BD POWER SPIN (Max 25)
09:30 – 10:15	BD POWER SPIN (Max 25)
17:30 – 18:15	BD POWER SPIN (Max 25)
18:30 – 19:15	BD BOOTCAMP (Max 15)

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## */ Wednesday*

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06:30 – 07:15	BD POWER SPIN (Max 25)
09:30 – 10:15	BD POWER SPIN (Max 25)
17:30 – 18:15	BD POWER SPIN (Max 25)
18:30 – 19:15	BD BURN & FIRM (Max 15)

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## */ Friday*

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06:30 – 07:15	BD POWER SPIN (Max 25)
09:30 – 10:15	BD CIRCUIT (Max 15)

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## */ Saturday*

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09:30 – 10:15	BD KETTLEBELL CIRCUIT (Max 15)
10:30 – 11:15	BD POWER SPIN (Max 25)

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## */ Tuesday*

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06:30 – 07:15	BD STRENGTH & CONDITIONING
17:30 – 18:15	BD STRENGTH & CONDITIONING
18:30 – 19:00	BD CORE BLAST (Max 15)
19:15 – 20:00	BD X-FIT (Max 15)

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## */ Thursday*

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06:30 – 07:15	BD BOOTCAMP (Max 15)
18:30 – 19:15	BD POWER SPIN (Max 25)
19:30 – 20:15	BD X-FIT (Max 15)

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## */ Notes*

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- 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 15)
  - BD Spin Bike Attire – **Only** Shorts & Leggings permitted **NO** Track Suit bottoms.
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[www.bendunnegyms.com](http://www.bendunnegyms.com)