

BenDunneGyms - Waterford

Timetable from 1st March 2018

/ Monday

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|---------------|--------------------------------|
| 06:45 – 07:30 | BD POWER SPIN (Max 30) |
| 09:30 – 10:15 | BD BOOTCAMP (Max 30) |
| 17:30 – 18:15 | BD BOOTY BLITZ & CORE (Max 30) |
| 18:30 – 19:15 | BD BURN & FIRM (Max 30) |
| 19:30 – 20:15 | BD POWER SPIN (Max 30) |
| 20:30 – 21:30 | BD YOGA (Max 30) |

/ Tuesday

| | |
|---------------|--------------------------------|
| 06:45 – 07:30 | BD STRENGTH & CONDITIONING |
| 09:30 – 10:15 | BD POWER SPIN (Max 30) |
| 17:30 – 18:15 | BD KETTLEBELL CIRCUIT (Max 20) |
| 18:30 – 19:15 | BD POWER SPIN (Max 30) |
| 19:30 – 20:15 | BD X-FIT (Max 15)* |

/ Wednesday

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|---------------|----------------------------|
| 06:45 – 07:30 | BD POWER SPIN (Max 30) |
| 09:30 – 10:15 | BD X-FIT (Max 15)* |
| 17:30 – 18:00 | BD HIIT (Max 30) |
| 18:30 – 19:15 | BD STRENGTH & CONDITIONING |
| 19:30 – 20:15 | BD POWER SPIN (Max 30) |
| 20:30 – 21:30 | ZUMBA (Max 30) |

/ Thursday

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|---------------|-------------------------|
| 06:45 – 07:30 | BD X-FIT (Max15)* |
| 09:30 – 10:15 | BD POWER SPIN (Max 30) |
| 10:30 – 11:30 | BD YOGA (Max 30) |
| 18:00 – 18:45 | BD POWERSPIN (Max 30) |
| 19:00 – 19:45 | BD BURN & FIRM (Max 30) |
| 20:00 – 21:00 | BD PILATES (Max 30) |

/ Friday

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|---------------|--------------------------------|
| 06:45 – 07:30 | BD POWER SPIN (Max 30) |
| 09:30 – 10:15 | BD BOOTY BLITZ & CORE (Max 30) |
| 18:00 – 18:45 | BD POWER SPIN (Max 30) |

/ Saturday

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|---------------|----------------------------|
| 09:30 – 10:15 | BD POWER SPIN (Max 30) |
| 10:30 – 10:45 | BD CORE BLAST (Max 30) |
| 11:00 – 11:45 | 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)
- * Ground Floor @ Functional Training Area
- BD Spin Bike Attire – **Only** Shorts & Leggings permitted **NO** Track Suit bottoms.

www.bendunnegyms.com