

BenDunneGyms - Waterford

Timetable from 16th November 2017

/ Monday

06:30 – 07:15	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

06:30 – 07:15	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

06:30 – 07:15	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

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

/ Friday

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

/ Saturday

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