

# BenDunneGyms - Westpoint

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

## / Monday

07:00 – 07:45	BD CIRCUIT & CORE (Max 25)
09:30 – 10:10	BD POWER SPIN *ST2 (Max 30)
10:15 – 11:00	BD BURN & FIRM (Max 20)
11:15 – 12:15	BD YOGA (Max 30)
17:00 – 17:30	BD HIIT (Max 25)
17:30 – 18:15	BD POWER SPIN *ST2 (Max 30)
18:30 – 19:15	BD KETTLEBELL CIRCUIT (Max 25)
19:30 – 20:10	BD BURN & FIRM (Max 20)
20:15 – 21:15	ZUMBA (Max 35)

## / Wednesday

07:00 – 07:45	BD BOOTCAMP (Max 20)
09:30 – 10:10	BD POWER SPIN *ST2 (Max 30)
10:15 – 11:00	BD BOOTCAMP (Max 20)
11:15 – 12:00	ZUMBA (Max 35)
17:00 – 17:30	BD KETTLEBELL HIIT (Max 25)
17:45 – 18:15	BD 300 (Max 25)
18:30 – 19:15	BD BURN & FIRM (Max 20)
19:30 – 20:15	BD POWER SPIN *ST2 (Max 30)
20:30 – 21:30	BD YOGA (Max 30)

## / Friday

07:00 – 07:45	BD POWER SPIN *ST2 (Max 30)
10:00 – 10:55	BD PILATES (Max 30)
10:15 – 10:55	BD POWER SPIN *ST2 (Max 30)
11:00 – 11:45	BD BURN & FIRM (Max 20)
18:00 – 18:45	BD STRENGTH & CONDITIONING

## / Saturday

09:30 – 10:15	BD BURN & FIRM (Max 20)
10:30 – 11:15	BD POWER SPIN *ST2 (Max 30)
10:30 – 11:15	ZUMBA STEP (Max 25)
11:30 – 12:00	BD 300 (Max 25)
11:30 – 12:30	ZUMBA (Max 35)

## / Sunday

10:15 – 11:00	BD POWER SPIN *ST2 (Max 30)
11:05 – 11:20	BD CORE BLAST (Max 25)
11:30 – 12:00	BD KETTLEBELL HIIT (Max 25)

## / Tuesday

07:00 – 07:45	BD POWER SPIN *ST2 (Max 30)
09:30 – 10:10	BD BOOTCAMP (Max 20)
10:15 – 11:00	BD POWER SPIN *ST2 (Max 30)
10:30 – 11:15	ZUMBA (Max 35)
11:15 – 12:15	BD PILATES (Max 30)
17:30 – 18:15	BD BOOTCAMP (Max 20)
18:30 – 19:15	BD STRENGTH & CONDITIONING
19:30 – 20:15	BD POWER SPIN *ST2 (Max 30)
20:15 – 21:15	BD PILATES (Max 30)

## / Thursday

07:00 – 07:45	BD POWER SPIN *ST2 (Max 30)
09:30 – 10:10	BD POWER SPIN *ST2 (Max 30)
10:15 – 11:00	BD BURN & FIRM (Max 20)
11:15 – 12:15	BD YOGA (Max 30)
18:00 – 18:45	BD BOOTCAMP (Max 20)
19:00 – 19:45	BD POWER SPIN *ST2 (Max 30)
19:00 – 19:55	ZUMBA (Max 35)
20:00 – 21:00	ZUMBA (Max 35)

## / 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)
- \*ST2 = Studio 2
- \*\* = 1<sup>st</sup> Floor @ Functional Training Area
- BD Strength & Conditioning (Max 20)
- BD Spin Bike Attire – **Only** Shorts & Leggings permitted  
**NO** Track Suit bottoms.

[www.bendunnegyms.com](http://www.bendunnegyms.com)