

BenDunneGyms - Whitworth Street

Timetable from 1st September 2017

/ Monday ☐

07:30 – 08:15	BD POWER SPIN (Max 30)
12:15 – 13:00	BD BURN & FIRM (Max 30)
13:15 – 14:00	BD BLT (Max35)
17:00 – 17:30	BD CORE BLAST (Max 30)
17:30 – 18:30	BD X-FIT (Max 20)
18:30 – 19:15	BD POWER SPIN (Max 30)
19:30 – 20:30	BD PILATES (Max 30)

/ Wednesday ☐

07:30 – 08:15	BD POWER SPIN (Max 30)
12:15 – 13:00	BD POWER SPIN (Max 30)
13:15 – 14:00	BD STRENGTH & CONDITIONING
17:00 – 17:30	BD HIIT (Max 25)
17:30 – 18:30	BD X-FIT (Max 20)
18:30 – 19:15	BD POWER SPIN (Max 30)
19:30 – 20:30	BD YOGA (Max 30)

/ Friday ☐

07:30 – 08:15	BD X-FIT (Max 20)
12:15 – 12:45	BD XTREME (Max 25)
13:15 – 14:00	BD BOOTCAMP (Max 30)
17:30 – 18:15	BD POWER SPIN (Max 30)
18:30 – 19:30	BD YOGA (Max 30)

/ Saturday ☐

11:00 – 11:45	BD POWER SPIN (Max 30)
12:00 – 12:45	BD STRENGTH & CONDITIONING

/ Tuesday ☐

07:30 – 08:15	BD BOOTCAMP (Max 30)
12:15 – 13:00	BD POWER SPIN (Max 30)
13:15 – 14:00	BD STRENGTH & CONDITIONING
17:30 – 18:15	BD BOOTCAMP (Max 30)
18:30 – 19:30	ZUMBA (Max 30)

/ Thursday ☐

07:30 – 08:15	BD STRENGTH & CONDITIONING
12:15 – 13:00	BD POWER SPIN (Max 30)
13:00 – 13:30	BD CORE BLAST (Max 30)
17:30 – 18:15	BD STRENGTH & CONDITIONING
18:30 – 19:30	ZUMBA (Max 30)

/ Notes

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- *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)*
 - *BD Spin Bike Attire – **Only** Shorts & Leggings permitted **NO** Track Suit bottoms.*
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www.bendunnegyms.com