

# BENDUNNE<sup>®</sup> NAVAN CLASS TIMETABLE

## GYMS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING	06:30 – 07:15 POWER SPIN	06:30 – 07:15 STRENGTH & CON	06:30 – 07:15 POWER SPIN	06:30 – 07:15 KETTLEBELLS	06:30 – 07:15 POWER SPIN & ABS	09:00 – 09:45 POWER SPIN & ABS	10:00 – 11:00 POWER SPIN 60
	09:45 – 10:30 STRENGTH & CON	09:45 – 10:30 POWER SPIN & ABS	09:45 – 10:30 X-FIT	09:45 – 10:30 POWER SPIN & ABS	10:00 – 11:00 PILATES	10:00 – 10:55 PILATES	11:00 – 11:20 ABS BLAST
	11:15 – 12:15 YOGA		11:15 – 12:15 YOGA			11:00 – 11:45 STRENGTH & CON	

EVENING	17:30 – 18:00 ASS & ABS	17:30 – 18:15 POWER SPIN	17:30 – 18:15 STRENGTH & CON	17:30 – 18:15 BURN & FIRM	18:00 – 18:45 POWER SPIN	<b>NOTES:</b> ALL CLASSES OPERATE ON A FIRST COME FIRST SERVED BASIS. <ul style="list-style-type: none"> <li>• All classes are subject to alteration.</li> <li>• Limited amount of places on each class.</li> <li>• Please notify the class instructors on any medical condition and pregnancies.</li> <li>• Please bring your own mat for Yoga &amp; Pilates class</li> <li>• BD Spin Bike Attire – Only Shorts &amp; Leggings permitted NO Track Suit bottoms.</li> </ul>
	18:30 – 19:15 POWER SPIN	18:30 – 19:10 BURN & FIRM	18:30 – 19:15 POWER SPIN	18:30 – 19:15 X-FIT	19:00 – 19:45 STRENGTH & CON	
	19:30 – 20:15 STRENGTH & CON	19:15 – 20:15 PILATES	19:30 – 20:00 HIIT	19:30 – 20:00 SPIN HIIT		
	20:30 – 21:15 KETTLEBELLS	19:30 – 20:15 X-FIT	20:30 – 21:30 YOGA	20:00 – 21:00 ZUMBA		
		20:30 – 21:00 ASS & ABS				

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