

BENDUNNE[®] GYMS PORTLAOISE CLASS TIMETABLE

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
KETTLEBELL CIRCUIT

06:30 - 07:15
POWER SPIN

09:30 - 10:15
POWER SPIN & ABS

12:00 - 12:30
SPIN H.I.I.T

09:30 - 10:15
BOOTCAMP

09:30 - 10:15
POWER SPIN

09:30 - 10:15
X-FIT

09:30 - 10:15
POWER SPIN

09:30 - 10:15
ASS & ABS

10:30 - 11:15
X-FIT

12:40 - 13:00
ABS BLAST

10:30 - 11:15
POWER SPIN

10:30 - 11:15
X-FIT

10:30 - 11:00
H.I.I.T

10:30 - 11:30
YOGA

10:30 - 11:00
H.I.I.T

11:30 - 12:15
STRENGTH & CON

AFTERNOON

15:30 - 16:15
STRENGTH & CON

15:30 - 16:15
POWER SPIN & ABS

15:30 - 16:15
ASS & ABS

EVENING

17:30 - 18:15
ASS & ABS

17:30 - 18:15
KETTLEBELL CIRCUIT

17:30 - 18:00
H.I.I.T

18:00 - 18:45
POWER SPIN

18:00 - 18:45
POWER SPIN

18:30 - 19:15
BURN & FIRM

18:30 - 19:15
POWER SPIN

18:30 - 19:15
STRENGTH & CON

19:00 - 19:45
X-FIT

19:30 - 20:15
POWER SPIN

19:30 - 20:15
BOOTCAMP

19:30 - 20:15
POWER SPIN

20:30 - 21:30
YOGA

20:30 - 21:30
PILATES

20:30 - 21:30
ZUMBA

NOTES:

ALL CLASSES OPERATE ON A FIRST COME FIRST SERVED BASIS.

- All classes are subject to alteration.
- Limited amount of places on each class.
- Please notify the class instructors on any medical condition and pregnancies.
- Please bring your own mat for Yoga & Pilates class
- BD Spin Bike Attire – Only Shorts & Leggings permitted NO Track Suit bottoms.

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