

BENDUNNE[®] WATERFORD CLASS TIMETABLE

GYMS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

06:30 – 07:15
POWER SPIN

06:30 – 07:00
H.I.I.T

06:30 – 07:15
POWER SPIN

06:30 – 07:15
STRENGTH & CON

06:30 – 07:15
POWER SPIN

09:30 – 10:15
POWER SPIN

12:00 – 12:30
SPIN H.I.I.T

09:30 – 10:15
BOOTCAMP

07:05 – 07:25
ABS BLAST

09:30 – 10:15
X-FIT

09:30 – 10:15
POWER SPIN

09:30 – 10:15
ASS & ABS

10:15 – 10:30
ABS BLAST

12:40 – 13:00
ABS BLAST

09:30 – 10:15
POWER SPIN

10:30 – 11:30
YOGA

11:00 – 11:45
BURN & FIRM

EVENING

17:00 – 17:30
SPIN H.I.I.T

17:00 – 17:30
H.I.I.T

17:00 – 17:30
ASS & ABS

17:30 – 18:00
ASS & ABS

17:30 – 18:15
STRENGTH & CON

17:30 – 18:00
ASS & ABS

17:30 – 18:15
STRENGTH & CON

17:30 – 18:00
SPIN H.I.I.T

18:30 – 19:15
POWER SPIN

18:30 – 19:15
POWER SPIN

18:30 – 19:15
BURN & FIRM

18:30 – 19:15
POWER SPIN

18:30 – 19:15
STRENGTH & CON

19:30 – 20:15
X-FIT

19:30 – 20:15
POWER SPIN

19:30 – 20:15
KANGOO JUMPS

19:30 – 20:15
POWER SPIN

20:00 – 21:00
PILATES

20:30 – 21:30
YOGA

20:30 – 21:30
YOGA

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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