

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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MORNING	06:30 – 07:15 POWER SPIN	06:30 – 07:15 FULL BODY BLAST	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 KETTLEBELL CIRCUIT	09:45 – 10:30 POWER SPIN & ABS		10:00 – 10:55 PILATES	11:10 – 11:40 H.I.I.T
	11:15 – 12:15 YOGA		11:15 – 12:15 YOGA		10:00 – 11:00 PILATES	11:00 – 11:45 STRENGTH & CON	

EVENING	17:30 – 18:00 H.I.I.T	17:30 – 18:15 POWER SPIN	17:30 – 18:15 STRENGTH & CON	17:30 – 18:15 BURN & FIRM	17:30 – 18:00 BOOTCAMP
	18:30 – 19:15 POWER SPIN	18:30 – 19:10 BURN & FIRM	18:30 – 19:15 POWER SPIN	18:30 – 19:15 X-FIT	18:00 – 18:45 POWER SPIN
		19:15 – 20:15 PILATES			
	19:30 – 20:15 STRENGTH & CON	19:30 – 20:15 X-FIT	19:30 – 20:15 STEP & TONE	19:30 – 20:00 SPIN HIIT	
	20:30 – 21:30 YOGA	20:30 – 21:00 ASS & ABS	20:30 – 21:30 YOGA	20:00 – 21:00 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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