

	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	11:00 – 11:45 BURN & FIRM
	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	12:00 – 12:30 SPIN H.I.I.T
	10:30 – 11:15 POWER SPIN	09:30 – 10:15 POWER SPIN		10:30 – 11:30 YOGA		11:00 – 11:45 X-FIT	12:40 – 13:00 ABS BLAST
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 – 18:15 STRENGTH & CON	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 UPPERBODY PUMP				
	19:30 – 20:15 POWER SPIN	19:30 – 20:15 KANGOO JUMPS	19:30 – 20:15 POWER SPIN				
	20:30 – 21:30 YOGA	20:30 – 21:30 YOGA	20:30 – 21:30 ZUMBA	20:00 – 21:00 PILATES			

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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