

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING</b>	06:30 – 07:15 POWER SPIN	06:30 – 07:15 STRENGTH & CON	06:30 – 07:15 POWER SPIN	06:30 – 07:15 X-FIT	06:30 – 07:15 POWER SPIN	09:00 – 09:45 POWER SPIN	
	09:30 – 10:15 STRENGTH & CON	09:30 – 10:15 POWER SPIN	09:30 – 10:15 X-FIT	09:30 – 10:15 POWER SPIN	09:30 – 10:15 STRENGTH & CON	10:00 – 10:45 X-FIT	11:00 – 11:30 ASS & ABS
	10:30 – 11:15 POWER SPIN	10:30 – 11:15 X-FIT	10:30 – 11:15 POWER SPIN	10:30 – 11:30 YOGA	10:30 – 11:00 ASS & ABS	11:00 – 11:45 L.I.F.T	12:00 – 12:45 POWER SPIN
<b>AFTER NOON</b>	15:30 – 16:15 X-FIT	15:30 – 16:00 ASS & ABS	15:30 – 16:15 STEP				
<b>EVENING</b>	17:30 – 18:00 ASS & ABS	17:30 – 18:00 SPIN HIIT	17:30 – 18:00 ASS & ABS	17:30 – 18:00 SPIN HIIT	17:30 – 18:00 H.I.I.T		
	18:05 – 18:50 L.I.F.T	18:05 – 18:50 POWER SPIN	18:05 – 18:50 X-FIT	18:05 – 18:50 STEP	18:05 – 18:50 POWER SPIN		
	19:00 – 19:45 POWER SPIN	19:00 – 19:45 X-FIT	19:00 – 19:45 POWER SPIN	19:00 – 19:45 X-FIT			
	20:00 – 21:00 YOGA	20:00 – 21:00 PILATES	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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