

# BenDunneGyms - Innovation Park

Timetable from 2<sup>nd</sup> January 2018

## / Monday

06:30 – 07:15	BD POWER SPIN (Max 29)
09:30 – 10:15	BD BLT (Max 35)
17:30 – 18:15	BD POWER SPIN (Max 29)
18:30 – 19:15	BD BOOTCAMP (Max 20)
19:30 – 20:30	ZUMBA (Max 35)

## / Wednesday

06:30 – 07:15	BD POWER SPIN (Max 29)
09:30 – 10:15	BD KETTLEBELL CIRCUIT (Max 20)
17:30 – 18:15	BD POWER SPIN (Max 29)
18:30 – 19:15	BD STRENGTH & CONDITIONING
19:30 – 20:30	ZUMBA (Max 35)

## / Friday

06:30 – 07:15	BD POWER SPIN (Max 29)
09:30 – 10:15	BD STRENGTH & CONDITIONING
17:30 – 18:15	BD CIRCUIT (Max 20)
18:30 – 19:15	BD STRENGTH & CONDITIONING

## / Saturday

09:30 – 10:15	BD KETTLEBELL CIRCUIT (Max 20)
10:30 – 11:15	BD STRENGTH & CONDITIONING
11:30 – 12:15	BD POWER SPIN (Max 29)

## / Tuesday

06:30 – 07:15	BD BLT (Max 35)
09:30 – 10:15	BD STRENGTH & CONDITIONING
10:30 – 11:15	BD POWER SPIN (Max 29)
17:30 – 18:15	BD BOX & BURN (Max 18)
18:30 – 19:15	BD BLT (Max 35)

## / Thursday

06:30 – 07:15	BD PILATES (Max 30)
09:30 – 10:15	BD BLT (Max 35)
17:30 – 18:15	BD POWER SPIN (Max 29)
18:30 – 19:15	BD BLT (Max 35)

## / Notes

- All classes are subject to alteration.
- Limited amount of places on each class.
- Please notify the class instructors on any medical condition and pregnancies.
- There will be no classes during Bank holiday Weekends, including Saturday, Sunday & Monday.
- Please bring your own mat for Yoga & Pilate class
- Please bring your own Gloves & Pads for BD Box & Burn class.
- (Maximum amount of people per class)
- BD Strength & Conditioning (Max 30)
- BD Spin Bike Attire – **Only** Shorts & Leggings permitted **NO** Track Suit bottoms.

[www.bendunnegyms.com](http://www.bendunnegyms.com)