

BenDunneGyms - Jervis Street

Timetable from 1st October 2018

/ Monday

07:00 – 07:45	BD POWER SPIN (Max 29)
17:30 – 18:15	BD POWER SPIN (Max 29)
18:30 – 19:00	BD KETTLEBELL CIRCUIT (Max 15)
19:00 – 20:00	BD YOGA (Max 10)
19:15 – 20:00	BD BURN & FIRM (Max 20)

/ Wednesday

07:30 – 08:15	BD POWER SPIN (Max 29)
12:45 – 13:45	BD YOGA (Max 10)
17:30 – 18:15	BD POWER SPIN (Max 29)
18:00 - 18:55	BD PILATES (Max 10)
18:30 – 19:00	BD HIIT (Max 15)
19:00 – 19:45	BD POWER SPIN (Max 29)

/ Friday

13:00 – 13:45	BD POWER SPIN (Max 29)
17:30 – 18:15	BD POWER SPIN (Max 29)
18:45 – 19:30	BD BOOTCAMP (Max 20)

/ Saturday

10:00 – 11:00	BD YOGA (Max 10)
12:00 – 12:45	BD BOOTCAMP (Max 20)
13:00 – 13:40	BD POWER SPIN (Max 29)

/ Tuesday

07:00 – 07:45	BD POWER SPIN (Max 29)
12:45 – 13:30	BD PILATES (Max 10)
13:00 – 13:45	BD POWER SPIN (Max 29)
17:30 – 18:15	BD POWER SPIN (Max 29)
18:30 – 19:15	BD STRENGTH & CONDITIONING
19:00 – 20:00	BD PILATES (Max10)
19:30 – 20:00	BD BOOTY BLITZ (Max 20)
20:00 – 20:45	BD POWER SPIN (Max 29)

/ Thursday

13:00 – 13:45	BD POWER SPIN (Max 29)
17:30 – 18:15	BD POWER SPIN (Max 29)
18:30 – 19:15	BD STRENGTH & CONDITIONING
19:30 – 20:30	ZUMBA (Max 20)

/ 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
 - (Maximum amount of people per class)
 - BD Strength & Conditioning (Max 15)
 - BD Spin Bike Attire – **Only** Shorts & Leggings permitted **NO** Track Suit bottoms.

www.bendunnegyms.com