

BenDunneGyms - Lucan

Timetable from 1st October 2018

/ Monday

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|---------------|-------------------------------|
| 07:00 – 07:30 | BD POWER SPIN (Max 25) |
| 09:30 – 10:15 | BD POWER SPIN & CORE (Max 25) |
| 10:30 – 11:00 | BD HIIT (Max 20) |
| 17:30 – 18:00 | BD POWER SPIN (Max 25) |
| 18:15 – 18:55 | BD STRENGTH & CONDITIONING |
| 19:00 – 19:30 | BD POWER SPIN (Max 25) |
| 20:00 – 21:00 | BD PILATES (Max 25) |

/ Wednesday

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|---------------|------------------------|
| 07:00 – 07:30 | BD POWER SPIN (Max 25) |
| 09:30 – 10:15 | BD BOOTCAMP (Max 20) |
| 10:30 – 11:00 | BD POWER SPIN (Max 25) |
| 18:00 – 18:30 | BD HIIT (Max 20) |
| 18:45 – 19:15 | BD POWER SPIN (Max 25) |
| 19:30 – 19:50 | BD CORE BLAST (Max 20) |
| 20:00 – 21:00 | ZUMBA (Max 30) |

/ Friday

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|---------------|-------------------------------|
| 07:00 – 07:45 | BD POWER SPIN & CORE (Max 25) |
| 09:30 – 10:10 | BD BOOTCAMP (Max 20) |
| 10:15 – 10:45 | BD POWER SPIN (Max 25) |
| 18:00 – 18:30 | BD POWER SPIN (Max 25) |
| 18:40 – 18:55 | BD CORE BLAST (Max 20) |

/ Saturday

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|---------------|-------------------------------|
| 09:30 – 10:00 | BD HIIT (Max 20) |
| 10:15 – 11:00 | BD POWER SPIN & CORE (Max 25) |

/ Tuesday

| | |
|---------------|--------------------------------|
| 07:00 – 07:45 | BD STRENGTH & CONDITIONING |
| 09:30 – 10:10 | BD X-FIT (Max 20) |
| 10:20 – 10:50 | BD POWER SPIN (Max 25) |
| 17:30 – 18:10 | BD BURN & FIRM (Max 20) |
| 18:20 – 19:00 | BD KETTLEBELL CIRCUIT (Max 20) |
| 19:10 – 19:25 | BD CORE BLAST (Max 20) |
| 19:30 – 20:00 | BD POWER SPIN (Max 25) |
| 20:00 – 21:00 | BD YOGA (Max 25) |

/ Thursday

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|---------------|----------------------------|
| 07:00 – 07:30 | BD HIIT (Max 20) |
| 09:30 – 10:10 | BD STRENGTH & CONDITIONING |
| 10:15 – 10:45 | BD POWER SPIN (Max 25) |
| 17:30 – 18:10 | BD X-FIT (Max 20) |
| 18:30 – 19:00 | BD POWER SPIN (Max 25) |
| 19:15 – 19:55 | BD CIRCUIT & CORE (Max 20) |
| 20:00 – 21:00 | BD YOGA (Max 25) |

/ Notes

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- 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 20)
 - BD Spin Bike Attire – **Only** Shorts & Leggings permitted **NO** Track Suit bottoms.
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www.bendunnegyms.com