

# BenDunneGyms - Lucan

Timetable from 4<sup>th</sup> February 2019

## **/ Monday**

06:30 – 07:00	BD SPIN HIIT
07:05 – 07:25	BD ABS BLAST
09:30 – 10:15	BD POWER SPIN
10:30 – 11:00	BD HIIT
11:05 – 11:25	BD ABS BLAST
17:30 – 18:15	BD POWER SPIN
18:20 – 18:50	BD ABS & ASS
19:00 – 20:00	BD PILATES
20:10 – 20:40	BD SPIN HIIT

## **/ Wednesday**

06:30 – 07:00	BD SPIN HIIT
07:05 – 07:35	BD HIIT
09:30 – 10:15	BD BOOTCAMP
10:30 – 11:15	BD POWER SPIN
17:00 – 17:30	BD SPIN HIIT
17:30 – 18:00	BD HIIT
18:20 – 19:05	BD BURN & FIRM
19:10 – 19:55	BD POWER SPIN
20:00 – 21:00	BD ZUMBA

## **/ Friday**

07:00 – 07:45	BD POWER SPIN & ABS
09:30 – 10:15	BD BOOTCAMP
10:30 – 11:00	BD SPIN HIIT
18:00 – 18:45	BD POWER SPIN
18:50 – 19:10	BD ABS BLAST

## **/ Saturday**

09:30 – 10:00	BD HIIT
10:15 – 11:00	BD POWER SPIN
11:05 – 11:25	BD ABS BLAST

## **/ Sunday**

12:00 – 12:30	BD SPIN HIIT
12:40 – 13:00	BD ABS BLAST

## **/ Tuesday**

06:30 – 07:15	BD STRENGTH & CONDITIONING
09:30 – 10:15	BD BOOTCAMP
10:30 – 11:15	BD POWER SPIN
11:20 – 11:40	BD ABS BLAST
17:00 – 17:30	BD ASS & ABS
17:30 – 18:15	BD BURN & FIRM
18:20 – 18:50	BD SPIN HIIT
19:00 – 20:00	BD YOGA
20:10 – 20:55	BD POWER SPIN & ABS

## **/ Thursday**

06:30 – 07:00	BD HIIT
09:30 – 10:15	BD STRENGTH & CONDITIONING
10:30 – 11:15	BD POWER SPIN
17:30 – 18:00	BD SPIN HIIT
18:20 – 18:50	BD ASS & ABS
19:00 – 20:00	BD YOGA
20:10 – 20:55	BD BURN & FIRM

## **/ 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.
- Please bring your own mat for Yoga & Pilate class  
BD Spin Bike Attire – **Only** Shorts & Leggings permitted **NO** Track Suit bottoms.

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