

BenDunneGyms - Lucan

Timetable from 1st November 2018

/ Monday

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 – 19:45	BD POWER SPIN (Max 25)
20:00 – 21:00	BD PILATES (Max 25)

/ Wednesday

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

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

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

/ Tuesday

07:00 – 07:30	BD HIIT (Max 20)
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

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