

BenDunneGyms - Navan

/ Monday

06:45 – 07:30	BD POWER SPIN (Max 30)
09:45 – 10:30	BD STRENGTH & CONDITIONING
11:15 – 12:15	BD YOGA (Max 35)
18:00 – 18:45	BD POWER SPIN (Max 30)
19:00 – 19:45	BD STRENGTH & CONDITIONING

/ Tuesday

06:45 – 07:30	BD STRENGTH & CONDITIONING
09:45 – 10:30	BD POWER SPIN & CORE (Max 30)
17:30 – 18:00	BD POWER SPIN (Max 30)
18:15 – 19:00	BD BURN & FIRM (Max 25)
19:00 – 19:45	BD X-FIT (Max 20)*
19:00 – 20:00	BD PILATES (Max 35)

/ Wednesday

06:45 – 07:30	BD POWER SPIN (Max 30)
09:45 – 10:30	BD CIRCUIT & CORE (Max 25)
18:00 – 18:45	BD STRENGTH & CONDITIONING
19:00 – 19:45	BD POWER SPIN (Max 30)
20:00 – 21:00	BD YOGA (Max 35)

/ Thursday

06:45 – 07:30	BD CIRCUIT & CORE (Max 25)
09:45 – 10:30	BD STRENGTH & CONDITIONING
18:00 – 18:45	BD X-FIT (Max 20)*
19:00 – 19:30	BD POWER SPIN (Max 30)
20:00 – 21:00	ZUMBA (Max 30)

Timetable from 1st October 2018

/ Friday

06:45 – 07:30	BD BOOTCAMP* (Max 25)
10:00 – 11:00	BD PILATES (Max 35)
18:00 – 18:45	BD POWER SPIN & CORE (Max 30)

/ Saturday

09:00 – 09:45	BD POWER SPIN & CORE (Max 30)
10:00 – 10:55	BD PILATES (Max 35)
11:00 – 11:45	BD STRENGTH & CONDITIONING

/ Sunday

10:00 – 10:45	BD POWER SPIN (Max 30)
10:50 – 11:05	BD CORE BLAST (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 25)
 - * @ Functional Training Area
 - BD Spin Bike Attire – **Only** Shorts & Leggings permitted **NO** Track Suit bottoms.

www.bendunnegyms.com