

BenDunneGyms - Northwood

Timetable from 28th January 2019

/ Monday

06:30 – 07:15	BD POWER SPIN
07:20 – 07:40	BD ABS BLAST
09:30 – 10:10	BD X-FIT
10:15 – 11:00	BD POWER SPIN
11:15 – 12:15	BD PILATES
12:30 – 13:00	BD SPIN HIIT
13:00 – 14:00	BD YOGA
16:30 – 17:15	BD BURN & FIRM
17:30 – 18:00	BD SPIN HIIT
17:30 – 18:15	BD STRENGTH & CONDITIONING
18:30 – 19:15	BD X - FIT
18:30 – 19:15	BD POWER SPIN
19:30 – 20:00	BD ASS & ABS
20:30 – 21:30	BD PILATES

/ Tuesday

06:30 – 07:15	BD STRENGTH & CONDITIONING
09:30 – 10:10	BD POWER SPIN
10:15 – 11:00	BD BOOTCAMP
11:15 – 12:15	BD YOGA
12:30 – 13:15	BD X-FIT
13:00 – 14:00	BD PILATES
16:30 – 17:00	BD ASS & ABS
17:30 – 18:10	BD BURN AND FIRM
17:30 – 18:15	BD POWER SPIN
18:30 – 19:15	BD X-FIT
19:30 – 20:15	BD POWER SPIN
20:30 – 21:30	BD ZUMBA

/ Wednesday

06:30 – 07:00	BD SPIN HIIT
07:05 – 07:25	BD ABS BLAST
09:30 – 10:10	BD POWER SPIN
10:15 – 11:00	BD STRENGTH & CONDITIONING
11:15 – 12:15	BD ZUMBA
12:30 – 13:00	BD SPIN HIIT
16:30 – 17:15	BD STRENGTH & CONDITIONING
17:30 – 18:00	BD ASS & ABS
18:30 – 19:30	BD YOGA
18:30 – 19:15	BD X-FIT
19:30 – 20:15	BD STRENGTH & CONDITIONING
19:30 – 20:15	BD POWER SPIN

/ Thursday

06:30 – 07:15	BD X-FIT
09:30 – 10:10	BD POWER SPIN
10:15 – 11:00	BD STRENGTH & CONDITIONING
11:15 – 12:15	BD PILATES
12:30 – 13:00	BD SPIN HIIT
17:00 – 17:45	BD POWER SPIN
18:00 – 18:45	BD STRENGTH & CONDITIONING
19:00 – 19:55	BD YOGA
19:00 – 19:45	BD POWER SPIN
20:00 – 21:00	BD ZUMBA

/ Friday

06:30 – 07:15	BD POWER SPIN
09:30 – 10:10	BD BURN & FIRM
10:15 – 11:00	BD POWER SPIN
11:30 – 12:30	BD ZUMBA
17:30 – 18:00	BD SPIN HIIT
18:05 – 18:25	BD ABS BLAST
18:30 – 19:15	BD X-FIT
19:30 – 20:30	BD ZUMBA

/ Saturday

09:30 – 10:15	BD POWER SPIN
10:30 – 11:15	BD BOOTCAMP & ABS
11:30 – 12:15	BD X-FIT
11:30 – 12:30	BD YOGA

/ Sunday

10:00 – 10:45	BD POWER SPIN
10:50 – 11:20	BD ABS BLAST
11:30 – 12:15	BD X - FIT
11:30 – 12:30	BD ZUMBA

/ 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