

BenDunneGyms - Sandyford

Timetable from 1st October 2018

/ Monday

07:00 – 07:45	BD POWER SPIN (Max 30)
09:30 – 10:10	BD STRENGTH & CONDITIONING
10:15 – 11:00	BD POWER SPIN & CORE (Max 30)
17:30 – 18:15	BD BOOTCAMP (Max 30)
18:30 – 19:15	BD POWER SPIN (Max 30)
18:30 – 19:15	BD X-FIT (Max 15)*
19:30 – 20:10	BD STRENGTH & CONDITIONING
20:15 – 21:00	BD PILATES (Max 30)

/ Tuesday

07:00 – 07:45	BD POWER SPIN (Max 30)
09:30 – 10:10	BD STRENGTH & CONDITIONING
10:15 – 11:00	BD POWER SPIN (Max 30)
11:15 – 12:15	BD PILATES (Max 30)
17:30 – 18:10	BD BURN & FIRM (Max 30)
18:20 – 19:00	BD STEP CIRCUIT (Max 30)
19:15 – 20:00	BD POWER SPIN & CORE (Max 30)
20:15 – 21:15	ZUMBA (Max 30)

/ Wednesday

07:00 – 07:45	BD HIIT (Max 25)
09:30 – 10:10	BD POWER SPIN (Max 30)
10:15 – 11:00	BD STRENGTH & CONDITIONING
17:30 – 18:15	BD HIIT (Max 25)
18:30 – 19:15	BD BOOTCAMP (Max 30)
19:30 – 20:15	BD ZUMBA STEP (Max 25)
20:30 – 21:30	BD YOGA (Max 30)

/ Thursday

07:00 – 07:45	BD POWER SPIN (Max 30)
09:30 – 10:15	BD BURN & FIRM (Max 30)
10:15 – 11:00	BD POWER SPIN & CORE (Max 30)
18:15 – 18:55	BD KETTLEBELL CIRCUIT (Max 20)
19:00 – 19:45	BD X-FIT (Max 15)*
19:00 – 19:45	BD POWER SPIN (Max 30)
20:00 – 20:45	BD PILATES (Max 30)

/ Friday

07:00 – 07:45	BD POWER SPIN (Max 30)
09:30 – 10:10	BD STRENGTH & CONDITIONING
10:15 – 11:00	BD POWER SPIN & CORE (Max 30)
17:30 – 18:15	BD BURN & FIRM (Max 30)

/ Saturday

09:30 – 10:25	ZUMBA (Max 30)
10:30 – 11:15	BD POWER SPIN (Max 30)
11:30 – 12:15	BD STRENGTH & CONDITIONING

/ 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.
- 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 30)
- *= 1st Floor @ Functional Training Area
- BD Spin Bike Attire – **Only** Shorts & Leggings permitted **NO** Track Suit bottoms.

www.bendunnegyms.com