

BenDunneGyms - Waterford

Timetable from 1st October 2018

/ Monday

06:45 – 07:30	BD POWER SPIN (Max 30)
09:30 – 10:15	BD BOOTCAMP (Max 30)
17:30 – 18:15	BD BOOTY BLITZ & CORE (Max 30)
18:30 – 19:15	BD BURN & FIRM (Max 30)
19:30 – 20:15	BD POWER SPIN (Max 30)
20:30 – 21:30	BD YOGA (Max 30)

/ Tuesday

06:45 – 07:15	BD HIIT (Max 30)
09:30 – 10:15	BD POWER SPIN (Max 30)
17:30 – 18:15	BD KETTLEBELL CIRCUIT (Max 20)
18:30 – 19:15	BD POWER SPIN (Max 30)
19:20 – 19:35	BD CORE BLAST (Max 30)

/ Wednesday

06:45 – 07:30	BD POWER SPIN (Max 30)
09:30 – 10:15	BD X-FIT (Max 15)*
17:30 – 18:00	BD HIIT (Max 30)
18:30 – 19:15	BD BURN & FIRM (Max 30)
19:30 – 20:15	BD POWER SPIN (Max 30)
20:30 – 21:30	ZUMBA (Max 30)

/ Thursday

06:45 – 07:30	BD X-FIT (Max15)*
09:30 – 10:15	BD POWER SPIN (Max 30)
10:30 – 11:30	BD YOGA (Max 30)
18:00 – 18:45	BD POWERSPIN (Max 30)
19:00 – 19:45	BD BURN & FIRM (Max 30)
20:00 – 21:00	BD PILATES (Max 30)

/ Friday

06:45 – 07:15	BD POWER SPIN (Max 30)
09:30 – 10:15	BD BOOTY BLITZ & CORE (Max 30)
18:00 – 18:45	BD POWER SPIN (Max 30)

/ Saturday

09:30 – 10:10	BD POWER SPIN (Max 30)
10:15 – 10:30	BD CORE BLAST (Max 30)
11:00 – 11:45	BD KETTLEBELL CIRCUIT (Max 20)

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

www.bendunnegyms.com