

BenDunneGyms - Westpoint

Timetable from 1st October 2018

/ Monday

06:30 – 07:15	BD CIRCUIT & CORE (Max 25)
09:30 – 10:10	BD POWER SPIN *ST2 (Max 30)
10:15 – 11:00	BD BURN & FIRM (Max 25)
11:15 – 12:15	BD YOGA (Max 30)
17:00 – 17:30	BD HIIT (Max 25)
17:30 – 18:15	BD POWER SPIN *ST2 (Max 30)
18:30 – 19:15	BD X-FIT (Max 20)**
19:30 – 20:10	BD BURN & FIRM (Max 25)
20:15 – 21:15	ZUMBA (Max 35)

/ Wednesday

06:30 – 07:15	BD BOOTCAMP (Max 20)
09:30 – 10:15	BD POWER SPIN *ST2 (Max 30)
10:30 – 11:10	BD X-FIT (Max 20)**
11:15 – 12:00	ZUMBA (Max 35)
17:30 – 18:00	BD HIIT (Max 25)
18:00 – 18:15	BD CORE BLAST (Max 25)
18:30 – 19:15	BD BURN & FIRM (Max 25)
19:30 – 20:15	BD POWER SPIN *ST2 (Max 30)
20:30 – 21:30	BD YOGA (Max 30)

/ Friday

06:30 – 07:15	BD POWER SPIN *ST2 (Max 30)
09:30 – 10:30	BD PILATES (Max 30)
10:15 – 10:55	BD POWER SPIN *ST2 (Max 30)
11:00 – 11:45	BD BURN & FIRM (Max 25)
18:00 – 18:45	BD STRENGTH & CONDITIONING

/ Saturday

09:30 – 10:15	BD BURN & FIRM (Max 25)
10:30 – 11:15	BD POWER SPIN *ST2 (Max 30)
10:30 – 11:15	ZUMBA STEP (Max 25)
11:30 – 12:10	BD X-FIT (Max 20)**
11:30 – 12:30	ZUMBA (Max 35)

/ Sunday

10:15 – 11:00	BD POWER SPIN *ST2 (Max 30)
11:05 – 11:20	BD CORE BLAST (Max 25)
11:30 – 12:00	BD KETTLEBELL HIIT (Max 25)

/ Tuesday

06:30 – 07:15	BD POWER SPIN *ST2 (Max 30)
09:30 – 10:10	BD X-FIT (Max 20)**
10:15 – 11:00	BD POWER SPIN *ST2 (Max 30)
10:30 – 11:15	ZUMBA (Max 35)
11:15 – 12:15	BD PILATES (Max 30)
17:30 – 18:15	BD BOOTCAMP (Max 20)
18:30 – 19:15	BD STRENGTH & CONDITIONING
19:30 – 20:15	BD POWER SPIN *ST2 (Max 30)
20:15 – 21:15	BD PILATES (Max 30)

/ Thursday

06:30 – 07:15	BD POWER SPIN *ST2 (Max 30)
09:30 – 10:10	BD POWER SPIN *ST2 (Max 30)
10:15 – 11:00	BD BURN & FIRM (Max 25)
11:15 – 12:15	BD YOGA (Max 30)
18:00 – 18:45	BD X-FIT (Max 20)**
19:00 – 19:45	BD POWER SPIN *ST2 (Max 30)
19:00 – 19:55	ZUMBA (Max 35)
20:00 – 21:00	ZUMBA (Max 35)

/ 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)
- *ST2 = Studio 2
- ** = Ground Floor
- BD Strength & Conditioning (Max 25)
- BD Spin Bike Attire – **Only** Shorts & Leggings permitted **NO** Track Suit bottoms.

www.bendunnegyms.com