

BD GYMS

Blanchardstown

MON

09:30-10:15 BD Power Cycle
10:30-11:30 TRYKA

18:00-18:45 BD Power Cycle
19:00-19:45 BD Strong

FRI

09:30-10:15 BD IGNITE

TUES

09:30-10:15 BD Strong

18:30-19:15 BD Power Cycle
19:30-20:15 BD IGNITE

SAT

09:30-10:15 BD Power Cycle

WED

09:30-10:15 BD Power Cycle

18:15-18:45 BD HIIT Cycle
19:00-20:00 TRYKA

SUN

10:30-11:30 RUN CLUB*

THUR

09:30-10:30 HYROX

18:30-19:30 HYROX

- Class places are first come, first served unless marked with * meaning prior sign up in club is required.
- All Classes are subject to change.
- Limited amount of places on each class.
- Please notify the class instructor on any medical condition(s) and pregnancies
- Cycle attire - only shorts and leggings permitted, no tracksuit bottoms.