

BD GYMS

Carlisle

MON

06:30-07:00 BD HIIT Cycle
09:30-10:15 BD Bootcamp
10:30-11:15 BD Power Cycle

17:30-18:15 BD Power Cycle
18:30-19:15 BD Kettlebells
18:30-19:30 HYROX

FRI

06:30-07:15 BD IGNITE
09:30-10:15 BD Bootcamp
10:30-11:30 TRYKA

17:30-18:15 BD Kettlebells
18:30-19:15 BD Lift

TUES

06:30-07:30 HYROX
09:30-10:15 BD Power Cycle
10:30-11:15 BD Bootcamp

17:30-18:15 BD Bootcamp
18:30-19:15 BD Power Cycle
18:30-19:30 RUN CLUB*

SAT

09:30-10:15 BD Circuits
10:30-11:15 BD Power Cycle
11:30-12:30 TRYKA*

WED

06:30-07:15 BD IGNITE
09:30-10:15 BD Power Cycle
10:30-11:15 BD Circuits

17:30-18:15 BD Power Cycle
18:30-19:15 BD IGNITE
18:30-19:30 TRYKA

SUN

11:00-12:00 HYROX

THUR

06:30-07:15 BD Bootcamp
09:30-10:15 BD Power Cycle
10:30-11:15 BD Bootcamp

17:30-18:15 BD HIIT Cycle
19:30-20:30 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.