

BD GYMS

Cherrywood

MON

07:00-07:30 BD HIIT Cycle
17:30-18:15 BD Power Cycle
18:30-19:30 HYROX

FRI

07:00-07:30 BD HIIT Cycle
17:30-18:30 TRYKA

TUES

17:30-18:15 BD Circuits
18:30-19:00 BD HIIT Cycle

SAT

09:00-09:30 BD HIIT Cycle
10:00-11:00 HYROX

WED

07:00-07:30 BD HIIT Cycle
17:30-18:30 TRYKA
18:30-19:00 BD HIIT Cycle

SUN

NO CLASSES

THUR

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

- 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.