

BD GYMS

Northwood

MON

09:30-10:15 BD Circuits
17:30-18:15 BD Circuits
18:30-19:00 BD HIIT Cycle

FRI

06:30-07:15 BD Power Cycle
09:30-10:15 BD Bootcamp
17:30-18:00 BD HIIT Cycle
18:30-19:30 TRYKA

TUES

09:30-10:15 BD Power Cycle
10:30-11:30 HYROX
17:30-18:15 BD Power Cycle
18:30-19:15 BD Booty

SAT

09:30-10:15 BD Power Cycle
10:30-11:15 BD Bootcamp
11:30-12:30 RUN CLUB*

WED

06:30-07:15 BD Power Cycle
09:30-10:30 BD Bootcamp
17:30-18:15 BD IGNITE
18:30-19:15 BD Power Cycle

SUN

10:30-11:30 TRYKA

THUR

09:30-10:15 BD Power Cycle
10:30-11:30 TRYKA
17:30-18:15 BD Power Cycle
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.