

BD GYMS

Portlaoise

MON

06:30-07:15 BD Bootcamp
17:30-18:15 BD Power Cycle
18:30-19:30 TRYKA

FRI

06:30-07:00 BD HIIT Cycle
17:30-18:30 HYROX

TUES

06:30-07:15 BD IGNITE
17:30-18:15 BD Bootcamp
18:30-19:00 BD HIIT Cycle

SAT

09:30-10:30 BD Bootcamp

WED

06:30-07:30 HYROX
17:30-18:15 BD Power Cycle
18:30-19:15 BD IGNITE

SUN

10:30-11:30 TRYKA

THUR

06:30-07:30 TRYKA
17:30-18:30 HYROX
18:45-19:45 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.
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- 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.