

MONDAY

10.00 - 11.15	Aligned Yoga	Harvinder	Sport studio
11.30 - 12.30	Pilates	Samira	Sport studio
12.30 - 13.30	Indoor cycling	Ton	Training hall 3
16.00 - 17.00	Boxing bag	Eri	Training hall 1
16.00 - 17.00	Aerobics BBB	Conny	Training hall 2
17.00 - 18.00	Power pump*	Conny	Training hall 2
17.00 - 18.00	Strength&Conditioning	Eri	Training hall 1
18.00 - 19.00	Power pump*	Sonia	Training hall 2
18.00 - 19.00	Zumba®	Samira	Training hall 1
18.00 - 19.00	Indoor cycling	Johan	Training hall 3
19.00 - 20.00	Insanity	Samira	Training hall 2
19.00 - 20.15	Yoga level 1	Johnny	Sport studio
20.15 - 21.30	Yoga level 2	Johnny	Sport studio

TUESDAY

12.30 - 13.30	Indoor cycling	Ildiko	Training hall 3
16.00 - 17.00	Body toning BBB	Conny	Sport hall 1
16.00 - 17.00	High Intensity Training (HIT)	Garvey	Training hall 2
17.00 - 18.00	Body toning BBB	Conny	Sport hall 1
17.00 - 18.00	Steps	Brigitte	Training hall 2
17.00 - 18.15	Restorative yoga	Harvinder	Sport studio
18.15 - 19.00	Meditation	Harvinder	Sport studio
18.00 - 19.00	Power pump*	Brigitte	Training hall 2
18.00 - 19.00	Small Group Training**	Eri / Zev	PT Hatta
19.00 - 20.00	Xcore®*	Rosan	Training hall 2
19.00 - 20.00	Ballet Barre workout	Anne-Marie	Sport studio
20.00 - 21.30	Dance Mix	Staisy	Sport studio
20.00 - 21.00	Indoor cycling	Rosan	Training hall 3

WEDNESDAY

11.00 - 12.00	Pilates	Samira	Sport studio
12.30 - 13.30	Indoor cycling	Samira	Training hall 3
16.00 - 17.00	Power pump*	Conny	Training hall 2
16.00 - 17.00	High Intensity Training (HIT)	Joelle	Training hall 1
17.00 - 18.00	Power pump*	Joelle	Training hall 2
17.00-18.00	Aerobics BBB	Conny	Training hall 1
18.00 - 19.00	Zumba® Step Style	Joelle	Training hall 2
18.00 - 19.30	Indoor cycling Long Ride	Johan	Training hall 3
18.45 - 19.30	Indoor cycling	Johan	Training hall 3
19.00 - 20.00	STRONG®	Priscilla	Training hall 2
19.00 - 20.15	Yoga level 1	Johnny	Sport studio
20.00 - 21.00	Xcore® *	Priscilla	Training hall 2
20.15 - 21.30	Yoga level 2	Johnny	Sport studio

THURSDAY

16.00 - 17.00	Steps	Brigitte	Training hall 2
16.30 - 17.30	Pilates	Samira	Training hall 1
16.30 - 17.45	Hatha yoga	Anne	Sport studio
17.00 - 18.00	Strength&Conditioning	Eri	Training hall 2
17.00 - 18.00	Indoor cycling	Ton	Training hall 3
17.45 - 19.00	Yin yoga	Anne	Sport studio
18.00 - 19.00	Zumba®	Samira	Training hall 2
18.00 - 19.00	Small Group Training**	Eri / Zev	PT Hatta
19.00 - 20.00	Xcore®*	Rosan	Training hall 2
19.00 - 20.15	Ballet	Anne-Marie	Sport studio

FRIDAY

11.00 - 12.00	Pilates	Samira	Sport studio
12.30 - 13.30	Indoor cycling	Samira	Training hall 3
16.00 - 17.00	Strength&Conditioning	Zev	Training hall 1
16.00 - 17.00	Body toning BBB	Joelle	Training hall 2
17.00 - 18.00	Power pump*	Joelle	Training hall 2
17.00 - 18.15	Yoga all levels	Johnny	Sport studio
18.15 - 19.30	Yoga all levels	Johnny	Sport studio
19.30 - 21.00	Dance mix	Staisy	Sport studio

SATURDAY

11.00 - 12.00	STRONG®	Priscilla	Training hall 2
11.00 - 12.00	Boxing bag	Marc	Training hall 1
12.00 - 13.00	Zumba®	Priscilla	Training hall 2
12.00 - 13.00	Indoor cycling	Rosan / Johan	Training hall 3
12.00 - 13.15	Flow yoga	Bianca	Sport studio
13.00 - 14.00	Xcore®*	Rosan / Dorethey	Training hall 2

SUNDAY

11.00 - 12.00	Power pump	Sonia	Training hall 2
12.00 - 13.00	Insanity	Sonia	Training hall 2
13.00 - 14.00	Indoor cycling	Sonia / Joelle	Training hall 3

* You need a ticket to join **Power pump** and **Xcore**. You can collect your ticket at the service desk on the day you want to join the lesson (**max. 29 participants**).

** You need a ticket to join **Small Group Training**. You can collect your ticket at the service desk on the day you want to join the training (**max. 10 participants**).