

MONDAY

10.00 - 11.15	Shivananda Hatha Yoga	Anne	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 - 18.00	Cheerleading	Staisy	Training hall 4
17.00 - 18.15	Yin Yoga	Ellen	Sport studio
18.15 - 19.00	Meditation	Ellen	Sport studio
18.00 - 19.00	Power pump*	Brigitte	Training hall 2
19.00 - 20.00	Indoor cycling	Rosan	Training hall 3
19.00 - 20.00	STRONG by Zumba®	Priscilla	Training hall 2
20.00 - 21.00	XCORE®*	Rosan	Sport studio

WEDNESDAY

11.00 - 12.00	Pilates	Samira	Sport studio
12.00 - 13.15	Ballet	Anne-Marie	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	XCORE®*	Joelle	Training hall 2
18.00 - 19.00	Indoor cycling	Johan	Training hall 3
18.00 - 19.00	Boxing bag	Marc	Training hall 1
19.00 - 20.15	Yoga level 1	Johnny	Sport studio
20.15 - 21.30	Yoga level 2	Johnny	Sport studio

THURSDAY

16.00 - 17.00	Steps	Brigitte	Training hall 2
17.00 - 18.00	Strength & conditioning	Eri	Training hall 2
17.00 - 18.00	Indoor cycling	Ton	Training hall 3
16.30 - 17.45	Hatha Yoga	Anne	Sport studio
17.45 - 19.00	Yin Yoga	Anne	Sport studio
18.00 - 19.00	Zumba®	Samira	Training hall 2
19.00 - 20.00	XCORE®*	Rosan	Sport studio
20.00 - 21.15	Ballet beginners	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	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	Cheerleading	Staisy	Sport studio

SATURDAY

11.00 - 12.00	STRONG by Zumba®	Priscilla	Training hall 2
12.00 - 13.00	Zumba®	Priscilla	Training hall 2
12.00 - 13.00	Indoor cycling	Johan/Rosan	Training hall 3
12.00 - 13.15	Flow Yoga	Bianca	Sport studio
13.00 - 14.00	XCORE®*	Priscilla/Rosan	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

Check our website for opening hours & schedules during holidays.

* You need a ticket to join this class. You can collect your ticket at the service desk on the day you want to join this class.