

SUMMER SCHEDULE 2019

JULY 8 - AUGUST 25

MONDAY	18.00 - 19.00	Zumba®	Samira	Training hall 1
	18.00 - 19.00	Power pump*	Sonia	Training hall 2
	19.00 - 20.00	Indoor cycling	Sonia	Training hall 3
	19.00 - 20.00	Insanity	Samira	Training hall 2
	20.00 - 22.00	Tai Chi	Peter	Dojo
TUESDAY	16.00 - 17.15	Yin Yang Yoga	Ellen	Sport studio
	16.00 - 17.00	Bootcampus	Garvey	Training hall 2
	17.00 - 18.00	Body Toning BBB	Garvey	Training hall 2
	17.15 - 18.00	Meditation	Ellen	Sport studio
WEDNESDAY	12.30 - 13.30	Indoor cycling	Samira	Training hall 3
	14.00 - 15.00	Pilates	Samira	Sport studio
	16.00 - 17.00	High Intensity Training	Dorethey	Training hall 2
	16.30 - 18.00	Judo	Cas	Dojo
	17.00 - 18.00	Power pump*	Dorethey	Training hall 2
THURSDAY	17.00 - 18.00	Indoor cycling	Ton	Training hall 3
	18.00 - 19.00	Aerobics BBB	Tatjana	Training hall 2
	19.00 - 20.00	XCORE®*	Tatjana	Training hall 2
	19.00 - 21.00	Naginata	Mark	Training hall 1
	20.00 - 22.00	Urban self defense	Dave	Dojo
FRIDAY	16.00 - 17.00	Body Toning BBB	Joelle	Training hall 2
	17.00 - 18.00	Power pump*	Joelle	Training hall 2
SATURDAY	12.00 - 13.00	Zumba®	Priscilla/Joelle	Training hall 2
	12.00 - 13.15	Flow Yoga	Bianca	Sport studio
	13.00 - 14.00	XCORE®*	Priscilla/Joelle	Training hall 2
SUNDAY	12.00 - 13.00	Power pump*	Sonia	Training hall 2
	13.00 - 14.00	Insanity	Sonia	Training hall 2

* 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.

Check our website for opening hours during the summer period of 2019.