

## MONDAY

11.30 - 12.20	Pilates	Samira	Sport Studio
12.30 - 13.20	Indoor Cycling	Samira	Training Hall 3
16.00 - 16.50	Bootcampus	Eri	Outdoor*
16.15 - 17.05	Power Pump	Tatjana	Training Hall 2
17.15 - 18.05	Aerobics BBB	Tatjana	Training hall 2
18.00 - 18.50	Power Pump	Sonia	Training hall 1
18.15 - 19.05	Zumba®	Samira	Training hall 2
18.30 - 19.40	Yoga level 1	Johnny	Sport Studio
19.00 - 19.50	Indoor Cycling	Johan	Training hall 3
19.15 - 20.05	Insanity	Samira	Training hall 2
19.50 - 21.00	Yoga level 1 & 2	Johnny	Sport Studio

## THURSDAY

16.00 - 16.50	Small Group Training	Eri / Zev	PT Hatta
16.00 - 16.50	Steps	Brigitte	Training hall 2
16.30 - 17.20	Pilates	Samira	Training hall 1
16.30 - 17.20	Restorative Yoga	Harvinder	Sport studio
17.30 - 18.20	Zumba®	Samira	Training hall 2
17.55 - 18.50	Meditation	Harvinder	Sport Studio
18.00 - 18.50	Indoor Cycling	Rosan	Training hall 3
18.00 - 18.50	Small Group Training	Eri/Zev	PT Hatta
19.00 - 19.50	HIT	Rosan	Training hall 2
19.00 - 20.05	Ballet beginners	Anne-Marie	Sport Studio
20.15 - 21.20	Ballet Gevorderd	Anne-Marie	Sport Studio

## TUESDAY

12.00 - 12.50	Indoor cycling	Ildiko	Training hall 3
16.00 - 16.50	Small Group Training	Eri / Zev	PT Hatta
16.00 - 16.50	Body Toning BBB	Samira	Sport hall 1
16.30 - 17.30	Hatha Yoga	Harvinder	Sport Studio
17.00 - 17.50	Body Toning BBB	Samira	Sport hall 1
17.15 - 18.05	Steps	Brigitte	Training hall 2
17.45 - 18.45	Vinyasa Yoga	Harvinder	Sport Studio
18.00 - 18.50	Small Group Training	Eri/Zev	PT Hatta
18.15 - 19.05	Power Pump	Brigitte	Training hall 2
19.00 - 19.50	Ballet Barre Workout	Anne-Marie	Sport Studio
19.15 - 20.05	HIT	Rosan	Training hall 2
20.00 - 21.20	Dance Mix	Staisy	Sport Studio
20.15 - 21.05	Indoor Cycling	Rosan	Training hall 3

## FRIDAY

11.00 - 11.50	Pilates	Samira	Sport Studio
11.30 - 12.20	Bootcampus	Eri	Outdoor*
12.00 - 12.50	Indoor Cycling	Samira	Training hall 3
16.15 - 17.05	Body Toning BBB	Joelle	Sport Hall 1
17.00 - 18.10	Yoga all levels	Johnny	Sport Studio
17.15 - 18.05	Power Pump	Joelle	Training hall 2
18.20 - 19.30	Yoga all levels	Johnny	Sport Studio
20.00 - 21.30	Dance mix	Staisy	Sport Studio

## SATURDAY

11.00 - 11.50	STRONG Nation®	Priscilla	Training hall 2
12.00 - 12.50	Zumba®	Priscilla	Training hall 1
12.00 - 12.50	Indoor Cycling	Rosan / Johan	Training hall 3
12.15 - 13.15	Fow Yoga	Bianca	Sport Studio
13.00 - 13.50	HIT	Rosan/ Dorethey	Training hall 2

## WEDNESDAY

11.20 - 12.10	Pilates	Samira	Sport Studio
11.30 - 12.20	Bootcampus	Eri	Outdoor*
12.00 - 12.50	Indoor Cycling	Ton	Training hall 3
16.00 - 16.50	Power Pump	Joelle	Training hall 2
16.30 - 17.20	HIT	Dorethey	Training hall 1
17.00 - 17.50	Power Pump	Joelle	Training hall 2
17.30 - 18.20	Aerobics BBB	Dorethey	Training hall 1
17.30 - 18.20	Indoor Cycling	Johan	Training hall 3
18.00 - 18.50	Zumba® Step Style	Joelle	Training hall 2
18.30 - 19.40	Yoga level 1	Johnny	Sport Studio
19.00 - 19.50	STRONG Nation®	Priscilla	Training hall 2
19.50 - 21.00	Yoga level 1 & 2	Johnny	Sport Studio
20.00 - 20.50	Xtreme Core	Priscilla	Training hall 2

## SUNDAY

11.00 - 11.50	Power Pump	Sonia	Training hall 2
12.00 - 12.50	Insanity	Sonia	Training hall 1

**Ticket needed for all Bodyfit classes**

\*Meeting spot Bootcampus = **PT Hatta**