

MONDAY

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|---------------|------------------|---------|-----------------|
| 11.30 - 12.20 | Pilates | Samira | Sport Studio |
| 12.30 - 13.20 | Indoor Cycling | Samira | Training hall 3 |
| 12.00 - 12.50 | Bootcampus | Eri/Zev | PT Hatta |
| 16.00 - 16.50 | Power Pump | Tatjana | Training hall 2 |
| 17.00 - 17.50 | Aerobics BBB | Tatjana | Training hall 2 |
| 17.15 - 18.05 | HIT | Garvey | Training hall 1 |
| 18.00 - 18.50 | Power Pump | Sonia | Training hall 2 |
| 18.15 - 19.05 | Zumba® | Samira | Training hall 1 |
| 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 |

TUESDAY

| | | | |
|---------------|----------------------|------------|-----------------|
| 12.00 - 12.50 | Indoor Cycling | Ildiko | Training hall 3 |
| 16.00 - 16.50 | Bootcampus | 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 |
| 18.15 - 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 |

WEDNESDAY

| | | | |
|---------------|----------------------|-----------|-----------------|
| 09.15 - 10.30 | Beginners Hatha Yoga | Harvinder | Sport Studio |
| 11.20 - 12.10 | Pilates | Samira | Sport Studio |
| 12.00 - 12.50 | Bootcampus | Eri/Zev | PT Hatta |
| 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 |

THURSDAY

| | | | |
|---------------|------------------|------------|-----------------|
| 16.00 - 16.50 | Bootcampus | Eri/Zev | PT Hatta |
| 16.00 - 16.50 | Steps | Brigitte | Training hall 2 |
| 16.30 - 17.20 | Pilates | Samira | Training hall 1 |
| 16.30 - 17.45 | 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 |
| 19.00 - 19.50 | HIT | Rosan | Training hall 2 |
| 19.00 - 20.05 | Ballet beginners | Anne-Marie | Sport Studio |
| 20.15 - 21.20 | Ballet advanced | Anne-Marie | Sport Studio |

FRIDAY

| | | | |
|---------------|-----------------|---------|-----------------|
| 11.00 - 11.50 | Pilates | Samira | Sport Studio |
| 12.00 - 12.50 | Bootcampus | Eri/Zev | PT Hatta |
| 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 | Flow Yoga | Bianca | Sport Studio |
| 13.00 - 13.50 | HIT | Rosan/ Dorethey | 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