

## MONDAY

11:30 - 12:20	Pilates	Samira	Sport Studio
12:30 - 13:20	Indoor Cycling	Samira	Training hall 3
14:00 - 15:00	Small Group Training*	Eri	PT Hatta
16:00 - 16:50	Xtreme Core	Garvey	Training hall 1
16:00 - 16:50	Power Pump*	Tatjana	Training hall 2
17:00 - 17:50	Aerobics BBB	Tatjana	Training hall 2
17:00 - 17:50	HIT	Garvey	Training hall 1
18:00 - 18:50	Strong Nation®	Priscilla	Training hall 1
18:00 - 18:50	Power Pump*	Samira	Training hall 2
18:00 - 19:10	Yoga level 1*	Johnny	Sport Studio
19:00 - 19:50	Indoor Cycling	Johan	Training hall 3
19:00 - 19:50	Zumba® Step*	Priscilla	Training hall 2
19:20 - 20:30	Yoga level 2*	Johnny	Sport Studio

## TUESDAY

16:00 - 16:50	Body Toning BBB	Samira	Sport hall 1
16:30 - 17:20	Boxing Bag**	Aziz	Training hall 1
17:00 - 17:50	Body Toning BBB	Samira	Sport hall 1
17:00 - 17:50	Steps*	Brigitte	Training hall 2
17:00 - 17:50	Pilates	Anne-Marie	Sport Studio
18:00 - 18:50	Power Pump*	Brigitte	Training hall 2
18:00 - 18:50	Ballet Barre workout	Anne-Marie	Sport Studio
19:00 - 19:50	HIT	Rosan	Training hall 2
19:00 - 20:10	Hatha Yoga*	Harvinder	Sport Studio
20:00 - 20:50	Indoor Cycling	Rosan	Training hall 3
20:20 - 21:30	Vinyasa Yoga*	Harvinder	Sport Studio

## WEDNESDAY

09:15 - 10:30	Yoga beginners*	Harvinder	Sport Studio
11:30 - 12:20	Pilates	Samira	Sport Studio
12:00 - 12:50	Indoor Cycling	Ton	Training hall 3
14:00 - 15:00	Small Group Training*	Eri	PT Hatta
16:00 - 16:50	Power Pump*	Samira	Training hall 2
16:00 - 16:50	Aerobics BBB	Dorethey	Training hall 1
17:00 - 17:50	Zumba®	Samira	Training hall 1
17:00 - 17:50	Power Pump*	Dorethey	Training hall 2
17:30 - 18:20	Indoor Cycling	Johan	Training hall 3
18:00 - 19:10	Yoga level 1*	Johnny	Sport Studio
19:20 - 20:30	Yoga level 2*	Johnny	Sport Studio

## THURSDAY

16:00 - 16:50	Steps*	Brigitte	Training hall 2
16:00 - 16:50	Zumba®	Samira	Training hall 1
16:15 - 17:30	Ballet beginners	Anne-Marie	Sport Studio
17:00 - 17:50	Power Pump*	Samira	Training hall 2
17:35 - 18:50	Ballet advanced	Anne-Marie	Sport Studio
18:00 - 18:50	Indoor Cycling	Rosan	Training hall 3
19:00 - 19:50	HIT	Rosan	Training hall 2
19:00 - 20:10	Restorative Yoga*	Harvinder	Sport Studio
20:15 - 21:00	Meditation*	Harvinder	Sport Studio

## FRIDAY

14:00 - 15:00	Small Group Training*	Eri	PT Hatta
16:00 - 16:50	Aerobics BBB	Samantha	Training hall 2
16:00 - 16:50	Boxing Bag**	Aziz	Training hall 1
16:30 - 17:40	Yoga all levels*	Johnny	Sport Studio
17:00 - 17:50	Power Pump*	Samantha	Training hall 2
17:50 - 19:00	Yoga all levels*	Johnny	Sport Studio

## SATURDAY

11:00 - 11:50	Strong Nation®	Priscilla	Training hall 2
12:00 - 12:50	Zumba®	Priscilla	Training hall 2
12:00 - 12:50	Indoor Cycling	Johan / Ton	Training hall 3
12:15 - 13:15	Flow Yoga*	Bianca	Sport Studio

## SUNDAY

11:00 - 11:50	Power Pump*	Sonia	Training hall 2
12:00 - 12:50	HIT	Sonia	Training hall 2

\*Ticket needed for all Yoga classes, Meditation, Steps, Zumba® Step, Power Pump and Small Group Training

\*\*Bringing your own boxing gloves is mandatory