

MONDAY

14:00 - 15:00	Small Group Training*	Eri / Zev	PT Hatta
17:00 - 17:50	HIT	Garvey	Training hall 2
18:00 - 18:50	Aerobics BBB	Tatjana	Training hall 2
18:00 - 19:30	Aikido	Jerdy	Dojo
19:00 - 19:50	Power Pump*	Tatjana	Training hall 2
19:00 - 20:30	Naginata	Mark	Training hall 1
20:00 - 21:15	Yin Yang Yoga	Leanne	Sport Studio

TUESDAY

14:00 - 15:00	Bootcampus	Misael	Outdoor***
16:00 - 16:50	Pilates	Samira	Training hall 2
16:30 - 17:50	Boxing**	Felix	Training hall 1
16:30 - 17:50	Brazilian Jiu Jitsu	Daniel	Dojo
17:00 - 17:50	Indoor Cycling	Samira	Training hall 3

WEDNESDAY

14:00 - 15:00	Small Group Training*	Eri / Zev	PT Hatta
16:00 - 16:50	Power Pump*	Samira	Training hall 2
16:30 - 17:50	Judo	Cas	Dojo
17:00 - 17:50	Zumba	Samira	Training hall 2

THURSDAY

14:00 - 15:00	Bootcampus	Misael	Outdoor***
17:00 - 17:50	Strength & Conditioning	Samira	Training hall 2
18:00 - 18:50	Pilates	Samira	Training hall 1
18:00 - 18:50	Indoor Cycling	Rosan	Training hall 3
19:00 - 19:50	Ballet Barre Workout	Anne-Marie	Sport Studio
19:30 - 21:00	Urban Self Defense	Dave	Dojo

FRIDAY

14:00 - 15:00	Small Group Training*	Eri / Zev	PT Hatta
16:00 - 16:50	Aerobics BBB	Tatjana	Training hall 2
16:30 - 17:50	Brazilian Jiu Jitsu	Daniel	Dojo
17:00 - 17:50	Power Pump*	Tatjana	Training hall 2

SATURDAY

12:00 - 12:50	Strong Nation®	Priscilla	Training hall 2
12:15 - 13:15	Flow Yoga	Bianca	Sport Studio
13:00 - 13:50	Zumba	Priscilla	Training hall 2

SUNDAY

12:00 - 12:50	HIT	Sonia	Training hall 2
13:00 - 13:50	Power Pump*	Sonia	Training hall 2

*Ticket needed for Power Pump and Small Group Training

**Bringing your own boxing gloves is mandatory

***Meeting point @ PT-studio (Hatta)