

## MONDAY

11.15 - 12.05	Pilates	Samira	Hall 5
12.30 - 13.20	Indoor Cycling	Samira	Hatta (downstairs)***
14.00 - 15.00	Small Group Training*	Eri / Zev	PT Studio
16.00 - 16.50	Strength & Conditioning	Zev	Hall 5
16.00 - 16.50	Power Pump*	Tatjana	Hall 4
17.00 - 17.50	Aerobics BBB	Tatjana	Hall 5
17.00 - 17.50	Power Pump*	Samira	Hall 4
18.00 - 18.50	Boxing Bag**	Aziz	Hall 4
18.00 - 19.10	Yoga level 1	Johnny	Hall 5
18.00 - 19.20	Aikido	Jerdy	Hatta (upstairs)***
19.00 - 19.50	Indoor Cycling	Johan	Hatta (downstairs)***
19.00 - 20.20	Kickboxing	Aziz	Hall 4
19.20 - 20.30	Yoga level 2	Johnny	Hall 5
19.30 - 21.00	Urban Self Defense	Dave / Franklin	Hatta (upstairs)***

## TUESDAY

12.30 - 13.45	Ballet all levels	Anne-Marie	Hall 5
16.30 - 17.20	Boxing Bag**	Felix	Hall 4
17.00 - 17.50	Aerobics Steps BBB	Brigitte	Hall 5
17.30 - 18.20	Indoor Cycling	Ton	Hatta (downstairs)***
17.30 - 18.50	Boxing**	Felix	Hall 4
18.00 - 18.50	Power Pump*	Brigitte	Hall 5
19.00 - 19.50	Strength & Conditioning	Samira	Hall 5
19.00 - 20.10	Hatha Yoga	Harvinder	Hall 4
19.00 - 20.30	Brazilian Jiu Jitsu (beginners)	Kostas	Hatta (upstairs)***
20.00 - 20.50	Power Pump*	Samira	Hall 5
20.20 - 21.30	Restorative Yoga	Harvinder	Hall 4

## WEDNESDAY

09.45 - 11.00	Yoga beginners	Harvinder	Hall 4
11.20 - 12.10	Pilates	Samira	Hall 4
14.00 - 15.00	Small Group Training*	Eri / Zev	PT Studio
16.00 - 16.50	Power Pump*	Samira	Hall 5
17.00 - 17.50	Zumba®	Samira	Hall 4
17.00 - 17.50	Power Pump*	Dorethey	Hall 5
17.30 - 18.20	Indoor Cycling	Johan	Hatta (downstairs)***
18.00 - 18.50	Aerobics BBB	Dorethey	Hall 4
18.00 - 19.10	Yoga level 1	Johnny	Hall 5
18.00 - 19.30	Judo	Cas	Hatta (upstairs)***
19.00 - 19.50	Strong Nation®	Priscilla	Hall 4
19.20 - 20.30	Yoga level 2	Johnny	Hall 5
20.45 - 22.00	Dance Mix	Staisy	Hall 5

## THURSDAY

16.00 - 16.50	Steps	Brigitte	Hall 5
16.00 - 16.50	Zumba®	Samira	Hall 4
17.00 - 17.50	Power Pump*	Samira	Hall 4
17.00 - 17.50	Ballet Barre workout	Anne-Marie	Hall 5
18.00 - 18.50	Yoga & Meditation	Harvinder	Hall 5
18.00 - 19.20	Boxing**	Marc	Hall 4
19.00 - 20.30	Brazilian Jiu Jitsu (beginners)	Kostas	Hatta (upstairs)***
19.30 - 20.50	Urban Self Defense	Dave / Franklin	Hall 4

## FRIDAY

14.00 - 15.00	Small Group Training*	Eri / Zev	PT Studio
16.00 - 16.50	Aerobics BBB	Samantha	Hall 4
16.30 - 17.40	Yoga all levels	Johnny	Hall 5
17.00 - 17.50	Power Pump*	Samantha	Hall 4
17.50 - 19.00	Yoga all levels	Johnny	Hall 5
18.00 - 18.50	Boxing Bag**	Aziz	Hall 4
19.00 - 20.20	Kickboxing**	Aziz	Hall 4
20.30 - 21.50	Naginata	Mark	Hall 4

## SATURDAY

11.00 - 11.50	Strong Nation®	Priscilla	Hall 4
12.00 - 12.50	Zumba®	Priscilla	Hall 4
12.00 - 12.50	Indoor Cycling	Johan / Ton	Hatta (downstairs)***
12.00 - 13.00	Flow Yoga	Bianca	Hall 5

## SUNDAY

11.00 - 11.50	Power Pump*	Sonia	Hall 5
12.00 - 12.50	HIT	Sonia	Hall 5

\*Ticket needed for Power Pump and Small Group Training

\*\*Bringing your own boxing gloves is mandatory

\*\*\*Hatta upstairs and downstairs = old building