

MONDAY

09.30 - 10.45	Yoga all levels	Harvinder	Hall 5
12.00 - 12.50	Indoor Cycling	Ton	Hatta (downstairs)***
14.00 - 15.00	Small Group Training*	Eri / Zev	PT Studio
16.00 - 16.50	Pilates	Samira	Hall 5
16.00 - 16.50	Power Pump	Tatjana	Hall 4
17.00 - 17.50	Aerobics BBB	Tatjana	Hall 4
17.00 - 17.50	Strength & Conditioning	Samira	Hall 5
17.30 - 18.50	Aikido	Jerdy	Hatta (downstairs)***
18.00 - 18.50	Boxing Bag**	Aziz	Hall 4
18.00 - 19.05	Yoga Level 1	Johnny	Hall 5
19.00 - 19.50	Indoor Cycling	Johan	Hatta (downstairs)***
19.00 - 20.20	Kickboxing**	Aziz	Hall 4
19.15 - 20.20	Yoga Level 2	Johnny	Hall 5
20.00 - 21.20	Urban Self Defense	Dave / Franklin	Hatta (downstairs)***
20.30 - 21.45	Dance Mix	Staisy	Hall 4
20.30 - 21.50	Naginata	Mark	Hall 5

TUESDAY

16.00 - 16.50	Creative Modern Dance	Cecilia	Hall 5
16.30 - 17.20	Boxing Bag**	Felix	Hall 4
17.00 - 17.50	Aerobics Steps BBB	Brigitte	Hall 5
17.30 - 18.50	Boxing**	Felix	Hall 4
17.45 - 18.45	Brazilian Jiu Jitsu (women only)	Jaqui	Hatta (downstairs)***
18.00 - 18.50	Power Pump	Brigitte	Hall 5
19.00 - 19.50	Strong Nation®	Priscilla	Hall 5
19.00 - 20.10	Hatha Yoga	Harvinder	Hall 4
19.00 - 20.30	Brazilian Jiu Jitsu (beginners)	Kostas	Hatta (downstairs)***
20.00 - 20.50	Zumba®	Priscilla	Hall 5
20.20 - 21.30	Restorative Yoga	Harvinder	Hall 4

WEDNESDAY

14.00 - 15.00	Small Group Training*	Eri / Zev	PT Studio
16.00 - 16.50	Power Pump	Samira	Hall 4
17.00 - 17.50	Zumba®	Samira	Hall 4
17.00 - 17.50	Power Pump	Joëlle	Hall 5
17.30 - 18.20	Indoor Cycling	Johan	Hatta (downstairs)***
18.00 - 18.50	BodyToning BBB	Joëlle	Hall 5
18.00 - 19.05	Yoga level 1	Johnny	Hall 4
18.30 - 19.50	Judo	Cas	Hatta (downstairs)***
19.15 - 20.20	Yoga level 2	Johnny	Hall 4

THURSDAY

09.00 - 10.15	Core Yoga*	Harvinder	Dance Studio Hatta***
10.30 - 11.45	Damage Control Yoga*	Harvinder	Dance Studio Hatta***
16.00 - 16.50	Steps	Brigitte	Hall 5
16.00 - 16.50	Aerobics BBB	Samira	Hall 4
17.00 - 17.50	Power Pump	Samira	Hall 4
17.30 - 18.20	Indoor Cycling	Rosan	Hatta (downstairs)***
18.00 - 18.50	Yoga & Meditation	Harvinder	Hall 5
18.00 - 19.20	Boxing**	Felix	Hall 4
19.00 - 20.30	Brazilian Jiu Jitsu (beginners)	Kostas	Hatta (downstairs)***
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	Power Pump	Samira	Hall 4
16.30 - 17.35	Yoga all levels	Johnny	Hall 5
17.00 - 17.50	Zumba®	Samira	Hall 4
17.45 - 18.50	Yoga all levels	Johnny	Hall 5
18.00 - 18.50	Boxing Bag**	Aziz	Hall 4
19.00 - 19.50	Strong Nation®	Priscilla	Hall 5
19.00 - 20.20	Kickboxing**	Aziz	Hall 4
20.00 - 20.30	CIRCL Mobility™	Priscilla	Hall 5

SATURDAY

11.00 - 11.50	Strength & Conditioning	Misael	Hall 5
12.00 - 12.50	Indoor Cycling	Johan / Ton	Hatta (downstairs)***
12.00 - 13.00	Flow Yoga	Bianca	Hall 4

SUNDAY

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

***Ticket needed**

**Bringing your own boxing gloves is mandatory

***Hatta downstairs and Dance Studio Hatta = Hatta Building