

MONDAY

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|---------------|-------------------------|-----------------|-----------------------|
| 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 |
| 16.00 - 16.50 | Small Group Training* | Eri / Zev | PT Studio |
| 17.00 - 17.50 | Aerobics BBB | Tatjana | Hall 4 |
| 17.00 - 17.50 | Strength & Conditioning | Samira | Hall 5 |
| 18.00 - 18.50 | Boxing Bag** | Aziz | Hall 4 |
| 18.00 - 19.00 | Aikido | Jerdy | Hatta (downstairs)*** |
| 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

| | | | |
|---------------|----------------------------------|------------|-----------------------|
| 11.00 - 11.50 | Pilates | Samira | Hall 5 |
| 12.30 - 13.45 | Ballet all levels | Anne-Marie | Hall 5 |
| 16.00 - 16.50 | Creative Modern Dance | Cecilia | Hall 5 |
| 16.30 - 17.20 | Boxing Bag** | Felix | Hall 4 |
| 16.45 - 17.35 | Soul Cycle | Agustina | Hatta (downstairs)*** |
| 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)*** |
| 19.00 - 19.50 | HIT Winter Fit | Joëlle | Hall 5 |
| 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 |
| 17.00 - 17.50 | Ballet Barre | Anne-Marie | Hall 5 |
| 17.30 - 18.20 | Indoor Cycling | Rosana | 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