

### MONDAY

09.30 - 10.45	Yoga all levels*	Harvinder	Hatta sports (upstairs)***
12.15 - 13.05	Indoor Cycling	Ton	Hatta sports (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 - 17.00	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
17.30 - 18.20	Indoor Cycling	Johan	Hatta sports (downstairs)***
18.00 - 18.50	Pilates Core Flow	Cecilia	Hall 5
18.00 - 18.50	Boxing Bag	Aziz	Hall 4
18.30 - 19.35	Yoga level 1*	Johnny	Hatta sports (upstairs)***
19.00 - 20.20	Kickboxing**	Aziz	Hall 4
19.40 - 20.45	Yoga Level 2*	Johnny	Hatta sports (upstairs)***
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
16.45 - 17.35	Soul Cycle	Augustina	Hatta sports (downstairs)***
17.00 - 17.50	Boxing Bag**	Felix	Hall 4
17.00 - 17.50	Aerobics Steps BBB	Brigitte	Hall 5
17.45 - 18.45	Brazilian Jiu Jitsu (women only)	Jaqui	Hatta sports (downstairs)***
18.00 - 19.20	Boxing**	Felix	Hall 4
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	Hatta sports (upstairs)***
19.30 - 20.40	Urban Self Defense	Dave / Franklin	Hall 4
20.00 - 20.50	Zumba®	Priscilla	Hall 5
20.20 - 21.30	Restorative Yoga*	Harvinder	Hatta sports (upstairs)***

### 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 sports (downstairs)***
18.00 - 18.50	Pilates Xtreme	Andris	Hall 4
18.00 - 18.50	BodyToning BBB	Joëlle	Hall 5
18.30 - 19.35	Yoga level 1*	Johnny	Hatta sports (upstairs)***
18.30 - 20.45	Judo	Cas	Hatta sports (downstairs)***
19.00 - 19.50	HIT	Joëlle	Hall 5
19.40 - 20.45	Yoga level 2*	Johnny	Hatta sports (upstairs)***

### THURSDAY

09.00 - 10.15	Core Yoga*	Harvinder	Hatta sports (upstairs)***
10.30 - 11.45	Damage Control Yoga*	Harvinder	Hatta sports (upstairs)***
16.00 - 16.50	Steps	Brigitte	Hall 5
16.00 - 16.50	Pilates	Samira	Hall 4
17.00 - 17.50	Yoga & Meditation*	Harvinder	Hatta sports (upstairs)***
17.00 - 17.50	Strength & Conditioning	Rosan	Hall 5
17.00 - 17.50	Power Pump	Samira	Hall 4
18.00 - 18.50	Ballet Barre	Anne-Marie	Hall 5
18.00 - 18.50	Indoor Cycling	Rosan	Hatta sports (downstairs)***
18.00 - 19.20	Boxing	Felix	Hall 4
19.00 - 20.30	Brazilian Jiu Jitsu	Laurens	Hatta sports (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	Hatta sports (upstairs)***
17.00 - 17.50	Zumba®	Samira	Hall 4
17.45 - 18.50	Yoga all levels*	Johnny	Hatta sports (upstairs)***
18.00 - 18.50	Boxing Bag**	Aziz	Hall 4
18.00 - 18.50	Strong Nation®	Priscilla	Hall 5
19.00 - 19.30	Circl Mobility™	Priscilla	Hall 5
19.00 - 20.20	Kickboxing	Aziz	Hall 4
19.15 - 20.05	Soul Cycle	Augustina	Hatta sports (downstairs)***

### SATURDAY

11.00 - 11.50	Strength & Conditioning	Misael	Hall 5
11.00 - 12.00	Flow Yoga*	Bianca	Hatta sports (upstairs)***
12.15 - 13.05	Indoor Cycling	Johan / Ton	Hatta sports (downstairs)***
13.15 - 14.45	Brazilian Jiu Jitsu	Laurens	Hatta sports (downstairs)***

### 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 sports downstairs and Hatta sports upstairs = Hatta Building