

BODYFIT AND BUDO SCHEDULE 2024

SUMMER SCHEDULE JULY 15 TO SEPTEMBER 1

MONDAY

Opening hours
10.00 - 14.00 & 17.00 - 21.00

10.00 - 10.50	Yoga all levels***	Harvinder	Hatta sports (upstairs)
11.00 - 11.50	Small Group Training***	Eri/Zev	PT Studio
17.00 - 17.50	Power Pump	Tatjana	Hall 4
18.00 - 18.50	Aerobics BBB	Tatjana	Hall 4
19.00 - 19.50	Indoor Cycling***	Johan	Hatta sports (downstairs)
19.30 - 20.50	Naginata	Mark	Hall 5

TUESDAY

Opening hours
10.00 - 14.00 & 17.00 - 21.00

11.00 - 11.50	Pilates	Samira	Hall 5
17.00 - 18.00	Yoga & Meditation***	Harvinder	Hatta sports (upstairs)
18.00 - 19.20	Boxing**	Felix	Hall 4
19.00 - 20.30	Brazilian Jiu Jitsu	Laurens	Hatta sports (downstairs)

WEDNESDAY

Opening hours
10.00 - 14.00 & 17.00 - 21.00

11.00 - 11.50	Small Group Training***	Eri/Zev	PT Studio
17.00 - 17.50	Power Pump	Joelle	Hall 5
17.00 - 18.15	Yoga all levels***	Harvinder	Hatta sports (upstairs)
18.00 - 18.50	BodyToning BBB	Joelle	Hall 5
18.30 - 19.50	Judo	Cas	Hatta sports (downstairs)

THURSDAY

Opening hours
10.00 - 14.00 & 17.00 - 21.00

10.00 - 11.15	Damage Control Yoga***	Harvinder	Hatta sports (upstairs)
17.00 - 17.50	Indoor Cycling***	Rosan	Hatta sports (downstairs)
17.00 - 17.50	Strength & Conditioning	Samira	Hall 5
18.00 - 18.50	Zumba®	Samira	Hall 5
18.00 - 19.20	Ballet all levels	Anne Marie	Hall 4
19.30 - 20.50	Urban Self Defense	Dave/Franklin	Hall 4

FRIDAY

Opening hours
10.00 - 14.00 & 17.00 - 21.00

10.00 - 10.50	Pilates	Anne Marie	Hall 5
11.00 - 11.50	Bootcampus*	Eri/Zev	PT Studio*

SATURDAY

Opening hours
10.00 - 14.00

10.00 - 10.50	HIT	Sonia	Hall 5
11.00 - 12.00	Flow Yoga***	Bianca	Hatta sports (upstairs)
12.30 - 13.50	Brazilian Jiu Jitsu	Laurens	Hatta sports (downstairs)

SUNDAY

Opening hours
10.00 - 14.00

11.00 - 11.50	Power Pump	Sonia	Hall 5
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*Meeting spot Bootcampus at Personal Training Studio

**Bringing your own boxing gloves is mandatory

***Signing up is mandatory