

MONDAY

| | | | |
|---------------|-------------------------|-----------|---------------------------|
| 09.00 - 10.30 | Hatha Yoga | Harvinder | Hatta sports (upstairs) |
| 14.00 - 15.00 | Small Group Training* | Eri / Zev | PT Studio |
| 16.00 - 17.00 | Pilates | Samira | Hatta sports (upstairs) |
| 16.00 - 17.00 | Power Pump | Tatjana | Hall 4 |
| 16.00 - 17.00 | Small Group Training* | Eri / Zev | PT Studio |
| 17.00 - 18.00 | Aerobics BBB | Tatjana | Hall 4 |
| 17.00 - 18.00 | Strength & Conditioning | Samira | Hall 5 |
| 17.30 - 18.30 | Indoor Cycling* | Johan | Hatta sports (downstairs) |
| 18.00 - 19.00 | Pilates Core Flow | Samira | Hall 5 |
| 18.00 - 19.00 | Boxing Bag** | Aziz | Hall 4 |
| 18.30 - 19.30 | Yoga level 1 | Johnny | Hatta sports (upstairs) |
| 19.00 - 20.00 | Boxing** | Aziz | Hall 4 |
| 19.45 - 20.45 | Yoga level 2 | Johnny | Hatta sports (upstairs) |
| 20.00 - 21.00 | Kickboxing** | Aziz | Hall 4 |
| 20.30 - 21.45 | Naginata | Mark | Hall 5 |
| 21.00 - 22.15 | Dance Mix | Staisy | Hall 4 |

TUESDAY

| | | | |
|---------------|---------------------|-----------------|---------------------------|
| 09.00 - 10.30 | Restorative Yoga | Harvinder | Hatta sports (upstairs) |
| 11.00 - 12.00 | Pilates | Samira | Hall 5 |
| 17.00 - 18.00 | Boxing Bag** | Cillian | Hall 4 |
| 17.00 - 18.00 | Aerobics Steps BBB | Brigitte | Hall 5 |
| 17.30 - 18.30 | Soul Cycle* | Agustina | Hatta sports (downstairs) |
| 18.00 - 19.15 | Boxing** | Cillian | Hall 4 |
| 18.00 - 19.00 | Power Pump | Brigitte | Hall 5 |
| 19.00 - 20.00 | STRONG Nation® | Priscilla | Hall 5 |
| 19.00 - 20.00 | Hatha Yoga | Bianca | Hatta sports (upstairs) |
| 19.30 - 21.00 | Urban Self Defense | Dave / Franklin | Hall 4 |
| 20.00 - 21.00 | Zumba® | Priscilla | Hall 5 |
| 20.00 - 21.30 | Brazilian Jiu Jitsu | Laurens / Bart | Hatta sports (downstairs) |

WEDNESDAY

| | | | |
|---------------|-----------------------|-----------|---------------------------|
| 09.00 - 10.30 | Core Yoga | Harvinder | Hatta sports (upstairs) |
| 14.00 - 15.00 | Small Group Training* | Eri / Zev | PT Studio |
| 16.00 - 17.00 | Power Pump | Samira | Hall 4 |
| 17.00 - 18.00 | Zumba® | Samira | Hall 4 |
| 17.00 - 18.00 | Power Pump | Joelle | Hall 5 |
| 17.30 - 18.30 | Indoor Cycling* | Johan | Hatta sports (downstairs) |
| 18.00 - 19.00 | BodyToning BBB | Joelle | Hall 5 |
| 18.30 - 19.30 | Yoga level 1 | Johnny | Hatta sports (upstairs) |
| 18.30 - 20.00 | Aikido | Jerdy | Hatta sports (downstairs) |
| 18.30 - 20.45 | Judo | Cas | Hatta sports (downstairs) |
| 19.00 - 20.00 | HIT | Joelle | Hall 5 |
| 19.45 - 20.45 | Yoga level 2 | Johnny | Hatta sports (upstairs) |

THURSDAY

| | | | |
|---------------|-------------------------|-----------------|---------------------------|
| 09.00 - 10.30 | Yoga & Meditation | Harvinder | Hatta sports (upstairs) |
| 16.00 - 17.00 | Steps | Brigitte | Hall 5 |
| 16.00 - 17.00 | Pilates | Samira | Hall 4 |
| 17.00 - 18.00 | Strength & Conditioning | Rosan | Hall 5 |
| 17.00 - 18.00 | Power Pump | Samira | Hall 4 |
| 18.00 - 19.00 | Indoor Cycling* | Rosan | Hatta sports (downstairs) |
| 18.00 - 19.15 | Boxing** | Marc | Hall 4 |
| 19.00 - 20.30 | Brazilian Jiu Jitsu | Laurens / Bart | Hatta sports (downstairs) |
| 19.30 - 21.00 | Urban Self Defense | Dave / Franklin | Hall 4 |

FRIDAY

| | | | |
|---------------|-----------------------|-----------|---------------------------|
| 09.00 - 10.30 | Vinyasa / Power Yoga | Harvinder | Hatta sports (upstairs) |
| 14.00 - 15.00 | Small Group Training* | Eri / Zev | PT Studio |
| 14.30 - 15.30 | Soul Cycle* | Agustina | Hatta sports (downstairs) |
| 15.30 - 16.30 | Soul Cycle* | Agustina | Hatta sports (downstairs) |
| 16.00 - 17.00 | Power Pump | Samira | Hall 4 |
| 16.30 - 17.30 | Yoga all levels | Johnny | Hatta sports (upstairs) |
| 17.00 - 18.00 | Zumba® | Samira | Hall 4 |
| 17.45 - 18.45 | Yoga all levels | Johnny | Hatta sports (upstairs) |
| 18.00 - 19.00 | Boxing Bag** | Aziz | Hall 4 |
| 18.00 - 19.00 | STRONG Nation® | Priscilla | Hall 5 |
| 19.00 - 19.30 | Circl Mobility® | Priscilla | Hall 5 |
| 19.00 - 20.15 | Kickboxing** | Aziz | Hall 4 |

SATURDAY

| | | | |
|---------------|-------------------------|----------------|---------------------------|
| 11.00 - 12.00 | Flow Yoga | Bianca | Hatta sports (upstairs) |
| 12.00 - 13.00 | Strength & Conditioning | Sonia | Hall 4 |
| 12.00 - 13.00 | Indoor Cycling* | Johan | Hatta sports (downstairs) |
| 13.15 - 14.15 | Brazilian Jiu Jitsu | Laurens / Bart | Hatta sports (downstairs) |

SUNDAY

| | | | |
|---------------|------------|-------|--------|
| 11.00 - 12.00 | Power Pump | Sonia | Hall 4 |
| 12.00 - 13.00 | HIT | Sonia | Hall 4 |

***Signing up is mandatory**
****Bringing your own boxing gloves is mandatory**
From October we will also offer ballet classes