

### 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	Hall 5
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	Anne Marie	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	Hatta sports (upstairs)
12,30 - 13,45	Ballet all levels	Anne Marie	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	Ballet Barre	Anne Marie	Hall 5
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*