

| | Maandag | Dinsdag | Woensdag | Donderdag | Vrijdag | Zaterdag | Zondag |
|---------------------------|---------------|------------------------|---------------|------------------------|------------------------|---------------|---------------|
| MAINSTAGE | | | | | | | |
| Club Power | 09:00 | 19:00 | 09:00 | | | 09:00 | |
| HIIT Training (urban gym) | 18:30 | 18:30 | 18:30 | 18:30 | | | |
| Steps | 19:00 | | | | | | |
| Body Shape | 20:00 | 09:00 | 19:30 | 10:15 / 20:15 | | | |
| Power Boxing | 20:45 | | | 19:15 | | | |
| Xcore | | 20:15 | 18:30 | | | | 10:00 |
| Meditatie (15min) | | | 08:45 | | 08:45 | | |
| Zumba | | | | 18:30 | | | |
| Bootcamp outdoor | | 19:00 | | | | 09:00 | |
| MAINSTAGE KIDS | | | | | | | |
| DéDé Dance | | 17:00 | | | | 09:00 – 12:00 | |
| Krav Maga | | | | | 17:30 / 18:30 19:30 | | |
| BODY&MIND | | | | | | | |
| Yin Yoga | 08:15 / 19:30 | | 19:00 / 20:15 | 10:15 | | | |
| Vinyasa Flow Yoga | 09:30 | | | | | | |
| Easy Flow Yoga | 10:30 | | 10:30 | | 10:30 | | |
| Pilates | 18:30 | 10:00 / 20:15 | | 09:00 / 19:00 | | | |
| Hatha Yoga | | 08:45 | | | | | |
| Power Yoga | | 19:00 | 07:30 / 09:00 | | 07:30 / 09:00 | | |
| Bodyrelease | | | | 20:15 | | | |
| CYCLE AREA | | | | | | | |
| Cycle | 10:00 / 19:30 | 19:00 / 20:00 | 10:15 | 09:00 / 19:00 20:00 | | 10:00 | 09:00 |
| SWIMMING POOL | | | | | | | |
| Aqua Jogging | 09:00 / 19:30 | 09:00 / 19:15 20:15 | | 09:00 / 19:30 | 09:00 | | |
| Baby Peuterzweppen | | | 09:00 – 10:30 | | 10:00 | | |
| Zwemles A – B – C | 15:15-19:15 | 15:15-19:15 | 13:00-19:30 | 15:30-19:30 | 13:00-18:00 | 09:00-15:30 | 08:30-12:30 |
| Verjaardagsfeestje | | | | | 16:00 – 20:00 | | |
| FITNESS AREA | | | | | | | |
| | 07:00 – 23:00 | 07:00 – 23:00 | 07:00 – 23:00 | 07:00 – 23:00 | 07:00 – 22:00 | 08:00 – 16:00 | 08:00 – 14:00 |

