

	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
MAINSTAGE							
Club Power	09:00	19:00	09:00			09:00	
Steps	19:00						
Body Shape	20:00	09:00	19:30	10:15			
Power Boxing				19:30			
Xcore		20:15	18:30				10:00
Zumba		10:00		18:30			
Bootcamp outdoor		19:00				09:00	
MAINSTAGE KIDS							
DéDé Dance		17:00				09:00 – 12:00	
Krav Maga	17:45				17:30 / 18:30 19:30		
URBAN GYM							
HIIT Training	09:00 / 18:30	18:30	18:30	08:15 / 18:30			
Core en Stability	18:00			18:00			
BODY&MIND							
Yin Yoga	19:30 / 20:45		19:00 / 20:15	10:15			10:15
Vinyasa Flow Yoga	09:00						
Easy Flow Yoga	10:30		10:30		10:30		
Pilates	18:30	10:15 / 19:00 20:15		09:00 / 19:00			09:00
Hatha Yoga		09:00					
Power Yoga			09:00		07:30 / 09:00		
Bodyrelease				20:15			
Meditatie (15min)	08:45	08:45	08:45		08:45		
CYCLE AREA							
Cycle	10:15 / 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 Peuterzweemmen			09:00 – 09:45		10:00		
Zweemles 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