

Maandag

09:00-10:00 Kickboks Zaktraining (Dwight)
09:00-10:00 Crosspower (Gio)
18:00-19:00 Kickboks Techniek Training Volwassenen (Rodney)
18:00-19:00 Crosspower (Gio)
19:00-20:00 Kickboks Zaktraining (Dwight)
20:00-21:00 Krav Maga (Ivan & Renato)
20:30-21:30 Kickboks Zaktraining (Martijn)

Dinsdag

09:00-10:00 Booty Builder (Red Cairo)
10:00-11:00 Kickboks Zaktraining (Raymill)
17:00-18:00 Kids Kickboksen Techniek Training Gevorderd 10-15 jaar (Rodney)
17:00-18:00 Crosspower Kids 10-15 jaar (Gio)
18:00-19:00 Kickboks Zaktraining (Red Cairo)
19:00-20:00 Crossboxing (Raymill)
19:30-20:30 Booty Builder (Esza)
20:30-21:30 Yin Yoga (Jeannette)

Woensdag

09:00-10:00 Crosspower (Gio)
10:00-11:00 Kickboks Zaktraining (Dwight)
17:00-18:00 Kickboksen Jeugd 10-15 jaar (Gilbert Yvel)
18:00-19:00 Kickboksen Techniek Training Volwassenen (Gilbert Yvel)
18:00-19:00 Crosspower (Rich)
19:00-20:00 Kickboks Zaktraining (Dwight)
20:30-21:30 Kickboks Zaktraining (Arni)

Donderdag

09:00-10:00 Cross-Boxing (Dwight)
16:00-17:00 Kids Kickboksen Techniek Training 4-9 jaar (Gilbert Yvel)
17:00-18:00 Kids Kickboksen Techniek Training Gevorderd 10-15 jaar (Rodney)
17:00-18:00 Crosspower Kids 10-15 jaar (Gio)
18:30-19:30 Crosspower (Rich)
19:00-20:00 Zaktraining (Halder)
20:00-21:00 YOGA (Alice)

Vrijdag

09:00-10:00 Kickboks Zaktraining (Dwight)
09:00-10:00 Booty Builder (Red Cairo)
17:00-18:00 Kids Kickboksen Zaktraining 10-15 jaar (Rodney)
18:00-19:00 Kickboksen Techniek Training Volwassenen (Rodney)

Zaterdag

10:00-11:00 Kickboks Zaktraining (Raymill)
10:00-11:00 Crosspower (Gio)
11:00-12:00 Kids Kickboksen Techniek Training 4-9 jaar
12:00-13:00 Kids Kickboksen Techniek Training 10-15 jaar

Zondag

10:00-11:00 Crosspower (Raymill)
11:00-12:00 Kickboks Zaktraining (Raymill)