

SPORTCLUB GYM3

Maandag

09:00-09:55 Crosspower (Kevin) – Crosspowerzaal/Fitness
10:00-11:00 Zaktraining (Dwight) - Dojo
11:00-12:00 Seniorenfit (René) – Crosspowerzaal
16:15-17:00 Kids Kickboksen (4-9) Techniek Training (Maxim) - Dojo
17:00-18:00 Kids (10-15) Kickboks Techniek training (Rodney) – Dojo
17:45-18:30 Crosspower HIIT (Gio) – Crosspowerzaal
18:00-19:00 Kickboks Techniek Training (Rodney) - Dojo
18:30-19:25 Zaktraining (Ilona) -Dojo
19:00-20:00 AssClass by Karada Coaches (Alice) - Crosspowerzaal
19:30-20:30 Zaktraining (Dwight) - Dojo

Dinsdag

09:00-09:55 Booty Builder (Esza) – Crosspowerzaal/Fitness
10:00-11:00 Zaktraining (Maxim) - Dojo
16:15-17:00 Kids (7-10) Crosspower (René) - Crosspowerzaal
17:00-18:00 Kids (10-13+) Crosspower (Gio) - Crosspowerzaal
18:00-18:55 Crosspower /Bootcamp (Joep) – Crosspowerzaal/Fitness
18:00-18:55 Zaktraining (Red) – Dojo
19:00-20:00 Booty Builder (Red) – Fitness
19:00-20:00 Zaktraining (Joep) – Dojo
20:00-21:00 Yin Yoga (Jeannette) - Crosspowerzaal

Woensdag

09:00-09:55 Crosspower (Gio) – Crosspowerzaal/Fitness
10:00-11:00 Zaktraining (Dwight) - Dojo
10:00-11:00 Senioren Fit (René) - Crosspowerzaal
16:15-17:00 Kids Kickboksen (4-9) Techniek Training (Maxim) - Dojo
17:00-18:00 Kids Kickboksen (10-15) Techniek Training (Rodney) - Dojo
18:00-19:00 Kickboks Techniek Training (Rodney) - Dojo
18:45-19:40 Crosspower (Rich) – Fitness/Crosspowerzaal
19:00-20:00 Zaktraining (Dwight) - Dojo
20:00-21:00 Yoga (Alice) - Crosspowerzaal

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Donderdag

09:00-09:55 Crosspower (René) – Crosspowerzaal/Fitness
10:00-11:00 Zaktraining (Maxim) - Dojo
16:15-17:00 Kids (4-12) Kickboksen Techniek Training (Maxim) - Dojo
16:15-17:00 Kids (7-10) Crosspower (Rene) - Crosspowerzaal
17:00-18:00 Kids (10-15) Crosspower (Gio) - Crosspowerzaal
17:00-18:00 Kids (10-15) Kickboksen Gevorderd (Rodney) - Dojo
19:00-20:00 AssClass by Karada Coaches (Alice) – Crosspowerzaal
19:00-19:55 Zaktraining (Halder) – Dojo
20:00-21:00 AfroHIIT (Daniel) - Crosspowerzaal
20:00-21:00 Crosspower (Joep) – Fitness
21:00-22:00 Kickboks Techniek Training (Joep) - Dojo

Vrijdag

09:00-09:55 Booty Builder (Red) – Crosspowerzaal/Fitness
10:00-11:00 Zaktraining (Dwight) – Dojo
17:00-18:00 Kids (10-15) Techniek training (Rodney) - Dojo
18:00-19:00 Crosspower (René) – Crosspowerzaal
19:00-20:00 Zaktraining (Halder) - Dojo

Zaterdag

10:00-11:00 Crosspower Advanced (Gio) – Crosspowerzaal
10:00-11:00 Zaktraining (Ilona) – Dojo
11:00-12:00 Kids Kickboksen (4-9) Techniek Training (Maxim) - Dojo
12:00-13:00 Kids (10-15) Kickboksen Techniek Training (Rodney) - Dojo

Zondag

09:00-09:45 Crosspower (Halder) – Fitness
09:30-10:30 Yin Yoga (Jeannette) – Yogaruimte
09:30-10:30 Ass Class by Karada Coaches (Alice) - Crosspowerzaal
09:45-10:30 Crosspower (Halder) – Fitness
10:45-11:45 Zaktraining (Halder) – Dojo