

# SPORTCLUB GYM3

## Maandag

09:00-09:55 Crosspower (Gio) – 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  
18:00-19:00 Kickboks Techniek Training (Rodney) - Dojo  
17:45-18:30 Crosspower HIIT (Gio) – Crosspowerzaal  
18:30-19:30 AssClass by Karada Coaches (Alice) - Crosspowerzaal  
18:30-19:25 Zaktraining (Ilona) -Dojo  
19:35-20:30 Zaktraining (Dwight) - Dojo  
19:30-20:30 AssClass by Karada Coaches (Alice & Michel) - Crosspowerzaal

## 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) – Crosspowerzaal/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

# SPORTCLUB GYM3

## **Donderdag**

09:00-09:55 Crosspower (René) – Crosspowerzaal/Fitness  
10:00-11:00 Zaktraining (Maxim) - Dojo  
16:15-17:00 Kids (4-9) Kickboksen Techniek Training (Maxim) - Dojo  
16:15-17:00 Kids (7-10) Crosspower (Gio) - Crosspowerzaal  
17:00-18:00 Kids (10-15) Crosspower (Gio) - Crosspowerzaal  
17:00-18:00 Kids (10-15) Kickboksen Gevorderd (Rodney) - Dojo  
18:30-19:30 AssClass by Karada Coaches (Alice) – Crosspowerzaal  
19:00-19:55 Zaktraining (Halder) - Dojo  
19:30-20:30 AssClass by Karada Coaches (Alice) – Crosspowerzaal  
20:00-21:00 Crosspower (Joep) – Crosspowerzaal/Fitness  
21:00-22:00 Zaktraining (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  
17:00-17:45 Afro HIIT (Daniel) - Crosspowerzaal  
18:00-19:00 Crosspower (René) – Crosspowerzaal

## **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) – Crosspowerzaal/Fitness  
09:30-10:30 Yin Yoga (Jeannette) – Dojo  
09:45-10:40 Crosspower (Halder) – Crosspowerzaal/Fitness  
10:45-11:45 Zaktraining (Halder) – Dojo