

# SPORTCLUB GYM3

## Maandag

09:00-09:55 Bootcamp (Gio) - Outdoor Arena  
10:00-11:00 Zaktraining (Dwight) - Outdoor Arena  
11:00-12:00 Seniorenfit (René) – Crosspowerzaal  
16:00-17:00 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  
18:30-19:30 Zaktraining (Ilona) - Dojo  
19:30-20:30 Zaktraining (Dwight) - Outdoor Arena  
19:30-20:30 AssClass by Karada Coaches (Alice & Michel) - Crosspowerzaal

## Dinsdag

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

## Woensdag

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

# SPORTCLUB GYM3

## **Donderdag**

09:00-09:55 Crosspower/Bootcamp (René) - Outdoor Arena  
10:00-11:00 Zaktraining (Maxim) - Dojo  
16:00-17:00 Kids (4-9) Kickboksen Techniek Training (Maxim) - Dojo  
16:00-17:00 Kids (7-10) Crosspower (Gio) - Crosspowerzaal  
17:00-18:00 Kids (10-13+) 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) – Outdoor Arena  
19:30-20:30 AssClass by Karada Coaches (Alice) – Crosspowerzaal  
20:00-21:00 Crosspower (René) – Outdoor Arena

## **Vrijdag**

09:00-09:55 Booty Builder (Red) – Outdoor Arena  
10:00-11:00 Zaktraining (Dwight) – Outdoor Arena  
17:00-18:00 Kids (8-12 & 13+) Techniek training (Rodney) - Dojo  
17:00-17:45 Afro HIIT (Daniel) - Crosspowerzaal  
18:00-19:00 Crosspower/Bootcamp (René) – Crosspowerzaal

## **Zaterdag**

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

## **Zondag**

09:30-10:30 Yin Yoga (Jeannette) - Dojo  
09:45-10:40 Crosspower/Bootcamp (Halder) – Outdoor Arena  
10:45-11:45 Zaktraining (Halder) – Outdoor Arena

**(Bij slecht weer zullen de Outdoor lessen binnen gegeven worden)**