

SPORTCLUB GYM3

Maandag

08:00-10:00 Workout of the Day Fitness
08:00-11:00 Zaktraining (Maxim)
10:00-10:30 HIIT (Gio)
10:30-11:00 HIIT (Gio)
12:00-16:00 Vrij Fitness
16:00-16:45 Kids (8-12 jaar) Kickboksen Zaktraining
17:00-18:00 Kids (13-15 jaar) Kickboksen
18:00-20:00 Zaktraining (Joep)
18:00-20:00 Workout of the Day Fitness

Dinsdag

08:00-11:00 Workout of the Day Fitness
08:00-11:00 Zaktraining (Maxim)
12:00-15:45 Vrij Fitness
16:00-16:45 Kids (10-15 jaar) Crosspower Kids
18:00-20:00 Workout of the Day Fitness
18:00-20:00 Zaktraining (Joep)

Woensdag

08:00-11:00 Workout of the Day Fitness
08:00-11:00 Zaktraining (Maxim)
10:00-10:30 HIIT (Gio)
10:30-11:00 HIIT (Gio)
11:15-12:00 Senioren Fit (Rene)
12:00-16:00 Vrij Fitness
15:00-15:45 Kids (4-7 jaar) Kickboksen
16:00-16:45 Kids (8-12 jaar) Kickboksen
17:00-18:00 Kids (13-15 jaar) Kickboksen
18:00-19:00 Zaktraining (Ilona)
18:00-18:45 Workout of the Day AssClass (Alice)
18:45-19:30 Workout of the Day AssClass (Alice)
19:30-20:00 Workout of the Day AssClass (Yente)

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Donderdag

08:00-11:00 Workout of the Day Fitness
08:00-11:00 Zaktraining (Maxim)
12:00-15:45 Vrij Fitness
16:00-16:45 Kids (10-15 jaar) Crosspower Kids
18:00-20:00 Zaktraining
18:00-20:00 Workout of the Day Fitness

Vrijdag

09:00-09:45 Workout of the Day AssClass (Alice)
09:45-10:30 Workout of the Day AssClass (Alice)
10:45-12:00 Workout of the Day Fitness
08:00-11:00 Zaktraining (Joep)
12:00-16:00 Vrij Fitness
16:00-16:45 Kids (8-12 jaar) Kickboksen Zaktraining
17:00-18:00 Kids (13-15 jaar) Kickboksen

Zaterdag

09:00-11:45 Workout of the Day Fitness
09:00-10:30 Zaktraining (Ilona)
10:45-11:30 Kids (4-7 jaar) Kickboksen Zaktraining
11:30-12:15 Kids (8-12 jaar) Kickboksen Zaktraining
12:30-13:15 Kids (13-15-jaar) Kickboksen Zaktraining
12:00-14:00 Vrij Fitness
13:15-14:00 Zaktraining (Ilona)

Zondag

09:00-12:00 Workout of the Day Fitness
09:00-12:00 Zaktraining (Maxim)

Lokaties/Verzamelaatsen

Workout of the Day Fitness/HIIT/AssClass = Outdoor Tent zijkant Gym3
Zaktraining/Kickboksen = Outdoor Tent voorkant Gym3