

SPORTCLUB GYM3

Maandag

09:00-10:00 Kickboks Zaktraining (Dwight)
09:00-10:00 Crosspower (Gio)
10:00-10:30 Mobility (Alice)
11:00-12:00 Senior Fit (Rene)
13:30- 14:30 Zaktraining (Ilona)
17:00-18:00 Kids (10-15) Beginners Techniek training (Rodney)
18:00-19:00 Kickboks Techniek Training (Rodney)
18:00-19:00 Crosspower (Gio)
19:00-20:00 Kickboks Zaktraining (Dwight)
20:00-20:30 Mobility (Alice)
20:00-21:00 Kickboks Techniek Training (Joep)
20:00-21:00 Krav Maga (Ivan & Renato)
21:00-22:00 Kickboks Zaktraining (Ilona)

Dinsdag

09:00-10:00 Booty Builder (Red Cairo)
10:00-11:00 Kickboks Zaktraining (Raymill)
17:00-18:00 Kids (10-15) Kickboksen Gevorderd (Rodney)
17:00-18:00 Kids (10-15) Crosspower (Gio)
18:00-19:00 Kickboks Zaktraining (Red Cairo)
19:00-20:00 Boksen Techniek Training (Ilona)
19:00-20:00 Crosspower (Raymill)
20:00-21:00 Booty Builder (Esza)
20:30-21:30 Yin Yoga (Jeannette)
21:00-22:00 Women Only Kickboks Zaktrainig (Ilona)

Woensdag

09:00-10:00 Crosspower (Tom)
10:00-11:00 Kickboks Zaktraining (Dwight)
10:00-11:00 Senior Fit (René)
16:00-17:00 Kids Kickboksen (4-9) Techniek Training (Halder)
17:00-18:00 Kids Kickboksen (10-15) Techniek Training (Rodney)
18:00-19:00 Kickboks Techniek Training Beginner (Rodney)
18:00-19:00 Crosspower (Rich)
19:00-20:00 Kickboks Zaktraining (Dwight)
20:00-21:00 Kickboks Techniek Training (Joep)
21:00-22:00 Kickboks Zaktraining (Halder)

SPORTCLUB GYM3

Donderdag

09:00-10:00 Cross-Boxing (Dwight)
16:00-17:00 Kids (4-9) Kickboksen Techniek Training (Halder)
17:00-18:00 Kids (10-15) Kickboksen Gevorderd (Rodney)
17:00-18:00 Kids (10-15) Crosspower (Gio)
18:00-19:00 Crosspower (Halder)
19:00-20:00 Kickboks Zaktraining (Halder)
20:00-21:00 Yoga (Alice)

Vrijdag

09:00-10:00 Kickboks Zaktraining (Dwight)
09:00-10:00 Booty Builder (Red Cairo)
10:00-11:00 Yin Yoga (Jeannette)
17:00-18:00 Kids (10-15) Kickboksen Zaktraining (Rodney)
18:00-19:00 Kickboks Techniek Training (Rodney)
18:30-19:30 Power Challenge (René)
19:00-20:00 Kickboks Zaktraining (Halder)

Zaterdag

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

Zondag

09:00-10:00 Yoga (Alice)
09:00-09:45 HIIT (Ilona)
10:00-11:00 Crosspower (Halder)
11:00-12:00 Kickboks Zaktraining (Halder)