

# SPORTCLUB GYM3

## Maandag

07:00-08:00 Zaktraining (Maxim)- Dojo  
09:00-10:00 Zaktraining (Ilona)- Dojo  
09:00-09:45 HIIT (Kevin) Crosspowerzaal  
10:00-11:00 Seniorenfit (René) - Crosspowerzaal  
16:15-17:00 Kids (4-7) + (8-12) Kickboksen  
17:00-17:45 Kids (13 -15) Kickboksen  
19:00-20:00 Crosspower (Kevin)  
19:00-20:00 Zaktraining (Dwight) - Dojo

## Dinsdag

08:00-09:00 Bodyshape (Miguel)  
09:00-10:00 Zaktraining (Maxim) – Dojo  
09:00-10:00 Xtreme hip hop (Alice)- Crosspower  
16:15-17:00 Judo (3-5 jaar) (Reso) – Judo  
17:00-18:00 Judo (6-8 jaar) (Reso) – Judo  
17:00-18:00 Kids (10-15) Crosspower (rene) Crosspowerzaal  
18:00-19:00 Judo (8-13 jaar) (Reso) - Judo  
18:00-19:00 Zaktraining (Rodney) - Dojo  
19:00-19:55 Crosspower (Kevin)  
19:00-20:00 kickboksen techniek training (Rodney) - Dojo  
20:00-21:00 Yoga (Alice) – Yogaruimte  
21:00-22:00 Zaktraining (Maxim) - Dojo

## Woensdag

07:00-08:00 Zaktraining (Maxim) - Dojo  
09:00-10:00 Zaktraining (Ilona) - Dojo  
09:00-09:45 HIIT (Kevin) - Fitness/Crosspowerzaal  
15:30-16:15 Dans les by Dance Improvement (4-6 jaar) (Yente).  
16:15-17:00 Dans les by Dance Improvement (7-10 jaar) (Yente)  
16:15-17:00 Kids (4-7) + (8-12) Kickboksen  
17:00-18:00 Kids (13-15) Kickboksen  
18:30-19:30 Boksen (Nick) - Dojo  
18:30-19:30 Ass Class Advanced (Weightlifting) (Alice) - Crosspowerzaal  
19:00-20:00 Xtreme fit (Miguel)  
19:30-20:30 Zaktraining (Dwight)  
20:30-21:30 Yin Yoga (Alice)

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## **Donderdag**

08:00-09:00 Bodyshape (Miguel)  
09:00-09:55 Crosspower (Muriel)  
09:00-10:00 Zaktraining (Maxim)  
10:00-11:00 Xtreme hip hop (Alice)  
10:00-11:00 Senioren Fit (Rene)  
17:00-18:00 Kids (10-15) Crosspower (Rene) – Crosspowerzaal  
18:00-18:55 Kickboks Techniek Training (Rodney)  
19:00-20:00 Zaktraining (Rodney)  
19:00-20:00 Crosspower (Kevin)  
21:00-22:00 Zaktraining (Shai)

## **Vrijdag**

09:00-10:00 Ass Class Intermediate (Alice) – Crosspowerzaal  
09:00-10:00 Power workout of the day (Rene)  
10:05-11:05 Zaktraining (Dwight) - Dojo

## **Zaterdag**

09:30-10:30 Zaktraining (Rodney)- Dojo  
10:00-11:00 Crosspower (Lisanne)  
10:45-11:30 Kids (4-7) Kickboksen  
11:30-12:15 Kids (8-12) Kickboksen  
12:30-13:15 Kids (13-15) Kickboksen

## **Zondag**

09:00-10:00 Crosspower (Kevin) – Fitness  
09:00-10:00 Ass Class (Alice)  
10:00-11:00 Crosspower (Kevin) – Fitness  
09:00-10:00 Boksen (Nick) – Dojo  
10:00-11:00 Xtreme Hip Hop (Alice) - Crosspower  
10:00-11:00 Zaktraining (John) -Dojo