

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
17:00-18:00 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
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
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
19:00-20:00 Xtreme fit (Miguel)
19:30-20:30 Zaktraining (Dwight)

SPORTCLUB GYM3

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 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 + ouders (4-7) Kickboksen
11:30-12:15 Kids + ouders (8-12) Kickboksen
12:30-13:15 Kids (13-15) Kickboksen

Zondag

09:00-10:00 Crosspower (Kevin) – Fitness
10:00-11:00 Crosspower (Kevin) – Fitness
09:00-10:00 Boksen zaktraining (Nick) – Dojo
10:00-11:00 Zaktraining (John) -Dojo