

SPORTCLUB GYM3

Maandag

09:00-10:00 Zaktraining (Ilona)- Dojo
09:00-09:45 Cross HIIT (Gio)
10:00-11:00 Seniorenfit (René) - Crosspowerzaal
16:15-17:00 Kids (4-7) + (8-12)+(13-15) Kickboksen
19:00-20:00 Crosspower (Kevin)
19:00-20:00 Zaktraining (Dwight) – Dojo
20:00-21:00 Hatha Yoga (Vivian)

Dinsdag

09:00-10:00 Xtreme Fit (Miguel)
09:00-10:00 Booty Hour (Lisanne)
17:00-18:00 Kids (10-15) Crosspower (rene) Crosspowerzaal
18:00-19:00 Zaktraining (Rodney) - Dojo
19:00-19:55 Crosspower (Kevin)
19:00-20:00 kickboksen techniek training (Rodney) - Dojo

Woensdag

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)(7-13) (Yente).
16:15-17:00 Kids (4-7) + (8-12)+(13-15) Kickboksen
19:00-20:00 Xtreme fit (Miguel)
19:00-20:00 Zaktraining (Dwight)

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Donderdag

08:00-09:00 Bodyshape (Miguel)
09:00-10:00 Zaktraining (Kevin)
09:00-10:00 Booty Builder (Esza)
10:00-11:00 Senioren Fit (Rene)
17:00-18:00 Kids (10-15) Crosspower (Rene) – Crosspowerzaal
19:00-20:00 Crosspower (Kevin)

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
09:00-10:00 Booty Builder (Esza)
09:45-10:45 Crosspower (Lisanne)
10:45-11:30 Kids Kickboksen (4-7 + 8-12)
11:30-12:15 Kids kickboksen (13-15)

Zondag

10:00-11:00 Crosspower (Kevin) – Fitness
10:00-11:00 Zaktraining (John) -Dojo