

SPORTCLUB GYM3

Maandag

09:00-10:00 Zaktraining (Ilona)
09:00-09:45 Cross Hiit (Rene)
10:00-11:00 Seniorenfit (René)
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)
20:00-21:00 Hatha Yoga (Vivian)

Dinsdag

08:00-09:00 Functional Movement (Miguel)
09:00-10:00 Xtreme Fit (Miguel)
09:00-10:00 Booty Hour (Lisanne)
09:00-10:00 Zaktraining (Jascha)
16:15-17:00 Judo (3-5)(Reso)
17:00-18:00 Kids (10-15) Crosspower (rene)
17:00-18:00 Judo (6-8)(Reso)
18:00-19:00 judo (8-13)(Reso)
18:00-19:00 Zaktraining (Rodney) - Dojo
19:00-19:55 Crosspower (Kevin)
19:00-20:00 kickboksen techniek training (Rodney)

Woensdag

09:00-10:00 Zaktraining (Ilona)
09:00-10:00 HIIT (Kevin)
10:00-11.00 Xtreme Hip Hop (Yente)
15:30-16:15 Dansles by Dance Improvement (4-6 jaar) (Yente).
16:15-17:00 Dansles by Dance Improvement (7-13 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)
19:00-20:00 Zaktraining (Dwight)

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Donderdag

08:00-09:00 Functional Movement (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)
18:00-19:00 Zaktraining (Jordan)
19:00-20:00 Gymnastico (Sergei)
19:00-20:00 Crosspower (Kevin)

Vrijdag

09:00-10:00 Power workout of the day (Rene)
10:05-11:05 Zaktraining (Dwight)

Zaterdag

09:30-10:30 Zaktraining (Rodney)
09:00-10:00 Booty Builder (Esza)
09:45-10:45 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)
10:00-11:00 Crosspower (Kevin)
10:00-11:00 Zaktraining (John)