

SPORTCLUB GYM3

Maandag

09:00-10:00 Zaktraining (Ilona)
09:00-10:00 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)

Dinsdag

09:00-10:00 Kickboksen Techniek (Ilona)
09:00-10:00 Body Shape (Esza)(start vanaf 3 oktober)
17:00-18:00 Kids (10-15) Crosspower (rene)
17:00-18:00 Crosspower kids (Yente)
18:00-19:00 Zaktraining (Rodney)
19:00-19:55 Crosspower (Kevin)
19:00-20:00 kickboksen techniek training (Dwight)

Woensdag

09:00-10:00 Zaktraining (Ilona)
10:00-11.00 Booty Hour (Yente)
15:30-16:15 Dans les by Dance Improvement (4-6 jaar) (Yente).
16:15-17:00 Dans les 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 Crosspower (Gio)
19:00-20:00 Zaktraining (Dwight)

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Donderdag

09:00-10:00 Crosspower (Lisanne)
10:00-11:00 Senioren Fit (Rene)
17:00-18:00 Kids (10-15) Crosspower (Rene) – Crosspowerzaal
18:00-19:00 Techniek Training (Dwight)
19:00-20:00 Crosspower (Gio)
19:00-20:00 Booty Hour (Lisanne)
20:00-21:00 Zaktraining (Halder)

Vrijdag

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

Zaterdag

09:30-10:30 Zaktraining (Rodney)
09:45-10:45 Crosspower (Lisanne)
10:45-11:30 Kids + ouders (4-7) Kickboksen
11:30-12:15 Kids + ouders (8-12) & (13-15) Kickboksen
12:30-13:15 kids + ouders (13-15) Kickboksen

Zondag

09:00-10:00 Crosspower (Kevin)
10:00-11:00 Crosspower (Kevin)
10:00-11:00 Zaktraining (John)