

# Weekrooster - Groepslessen - Volwassenen

Maandag	
07:30	Strength & Condition
09:00	Pump
09:00	Bokszak work-out
09:00	Brazilian Dance
10:00	Senioren fit
10:00	Balance
10:00	Spinning
10:00	TRX circuit
10:25	Fitness circuit
10:45	Core
16:25	Fitness circuit
17:25	Fitness circuit
17:30	Karate 12 jaar + (J/V)
17:45	Core
18:00	Pump
18:25	Fitness circuit
18:30	Boksen
18:45	Core
18:45	Strength & Condition
19:00	Brazilian Dance
19:00	Spinning
19:00	TRX
19:25	Fitness circuit
19:30	Bokszak work-out
19:30	Bootcamp
19:45	Core
20:00	Shape
20:00	Grappling
20:00	Hatha flow yoga
20:30	Bokszak work-out
20:45	Core
21:00	Yin yoga
21:00	Dojo vrije training

Dinsdag	
09:00	Mindfulness yoga
09:00	Circuittraining
10:00	Senioren fitness
17:25	Fitness circuit
17:45	Core
18:00	Shape
18:25	Fitness circuit
18:30	Kickboksen
18:30	Yin Yoga
18:45	Core
18:45	Strength & Condition
19:00	Spinning
19:25	Fitness circuit
19:30	Bokszak work-out
19:45	Pilates
19:45	Core
20:00	Pump
20:00	Sportkarate
20:45	Core

Woensdag	
09:00	Pump
09:00	Pilates
09:00	TRX circuit
10:00	Balance
16:25	Fitness circuit
16:45	Core
17:25	Fitness circuit
17:45	Core
18:00	Brazilian Dance
18:15	Pilates
18:15	Braziliaans Jiu-Jitsu
18:15	Bokszak work-out
18:25	Fitness circuit
18:45	Core
18:45	Strength & Condition
19:00	Pump
19:15	Bokszak work-out
19:25	Fitness circuit
19:30	Hatha yoga
19:30	Karate wedstrijdtraining
19:30	Bootcamp
19:45	Skilltraining
19:45	Core
20:00	Aerobics
20:45	Core
21:00	Judo

Donderdag	
07:30	Strength & Condition
09:00	TRX
09:00	Hatha yoga
09:00	Bokszak work-out
10:15	Shape
12:45	Fitness circuit
13:15	Core
16:45	Dojo vrije training (tot 18:30)
17:45	Core
18:00	Brazilian dance
18:25	Fitness circuit
18:30	TRX
18:45	Core
18:45	Strength & Condition
19:00	Pump
19:00	Bokszak work-out / Boksen
19:00	Critical alignment yoga
19:00	Hardlooptraining
19:30	Karate traditioneel J+V
19:45	Core
20:00	Spinning
20:00	Kickboksen
20:30	Conditietraining heren

Vrijdag	
09:00	Shape
09:00	Brazilian Dance
09:00	Circuittraining
10:00	Spinning
10:00	Balance
10:15	TRX
11:00	Senioren fitness
16:00	Dojo vrije training (tot 18:15)
18:15	Karate wedstrijdtraining
18:25	Fitness circuit
18:30	Bokszak work-out
18:30	Pump
18:45	Core
18:45	Strength & Condition
19:30	Sportkarate
20:00	Meditatie yoga
20:30	Judo
20:30	Karate wedstrijdtraining

Zaterdag	
09:00	Pump
09:00	Circuittraining
09:45	Core
10:00	Spinning
10:00	Pilates
10:00	Strength & Condition
10:25	Fitness circuit
10:45	Core
11:00	Skilltraining
11:15	Critical alignment yoga
12:30	Karate traditioneel J+V
14:00	Dojo vrije training

Zondag	
09:00	TRX
09:00	Shape
09:45	Hatha yoga
10:00	TRX circuit
10:00	Kickboksen
10:00	Pump
10:00	Strength & Condition
10:25	Fitness circuit
10:30	Bootcamp (Duinlustweg 10)
10:45	Core
11:00	Spinning
11:00	Bokszak work-out
11:00	Dojo vrije training
11:15	Brazilian dance

**Openingstijden:** maandag t/m vrijdag van 7:00 uur tot 23:00 uur.  
Zaterdag en zondag van 8:00 uur tot 17:00 uur.