

# Groepslessen - Volwassenen

## Maandag

07:15	Hatha yoga
09:00	Strength & Condition
09:00	Pump
09:00	Bokszak workout
09:00	Pilates
10:00	Senioren fit
10:00	Balance
10:00	TRX-circuit
10:25	Fitness circuit
10:45	Core
11:15	Aquafit
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
19:00	Brazilian Dance
19:00	Spinning
19:00	TRX-circuit
19:25	Fitness circuit
19:30	Bokszak workout
19:30	Bootcamp
19:45	Core
20:00	Shape
20:00	Dojo circuit
20:00	Hatha flow yoga
20:15	Strength & Condition
20:30	Bokszak work-out
20:45	Core
21:00	Yin yoga
21:00	Dojo vrije training

## Dinsdag

09:00	Hatha yoga
09:00	Dojo circuit
09:00	Bokszak work-out
10:00	Power yoga
10:00	Senioren fitness
10:00	TRX
12:15	Aquafit
17:25	Fitness circuit
17:45	Core
18:00	Shape
18:15	Strength & Condition
18:25	Fitness circuit
18:30	Kickboksen
18:30	Yin Yoga
18:45	Core
19:00	Spinning
19:25	Fitness circuit
19:30	Bokszak workout
19:30	Sportkarate
19:45	Pilates
19:45	Core
20:00	Pump
20:30	Bokszak workout
20:45	Core

## Woensdag

09:00	Strength & Conditioning
09:00	Pump
09:00	Pilates
09:00	TRX circuit
09:00	Bokszak workout
10:00	Balance
11:15	Aquafit
16:25	Fitness circuit
16:45	Core
17:25	Fitness circuit
17:45	Core
18:00	Brazilian Dance
18:15	Pilates
18:15	Bokszak workout
18:25	Fitness circuit
18:30	Dojo Circuit
18:45	Core
18:45	Strength & Condition
19:00	Pump
19:15	Bokszak work-out
19:25	Fitness circuit
19:30	Bootcamp
19:30	Hatha yoga
19:30	Karate wedstrijdtraining
19:45	Skilltraining
19:45	Core
20:00	Aerobics / Shape
20:45	Core
21:00	Judo

## Donderdag

09:00	Strength & Condition
09:00	TRX
09:00	Hatha yoga
09:00	Bokszak workout
11:15	Aquafit
10:00	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-circuit
18:45	Core
18:45	Strength & Condition
19:00	Shape
19:00	Bokszak work-out / Boksen
19:00	Critical alignment yoga
19:30	Karate traditioneel J+V
19:45	Core
20:00	Weight/powerlifting gevorderden
20:00	Kickboksen
20:00	Spinning
20:30	Conditietraining heren
20:45	Weight/powerlifting beginners

## Vrijdag

09:00	Power yoga
09:00	Dojo circuit
09:00	Bokszak workout
09:00	Pump
10:00	Spinning
10:00	Balance
10:15	TRX
11:00	Senioren fitness
11:15	Aquafit
18:15	Strength & Condition
18:25	Fitness circuit
18:30	Bokszak work-out
18:45	Core
19:00	Hatha yoga
19:00	Pump
19:30	Sportkarate
20:30	Judo
20:30	Karate wedstrijdtraining

## Zaterdag

08:00	Circuittraining
09:00	Pump
09:00	Circuittraining
09:00	Shape
09:45	Core
10:00	Spinning
10:00	Pilates
10:00	Strength & Condition
10:25	Fitness circuit
10:45	Core
11:00	Skilltraining
11:00	Brazilian dance
11:15	Critical alignment yoga
11:45	Skilltraining
14:00	Dojo vrije training

## Zondag

08:30	TRX
08:45	Hatha yoga
09:00	Shape
09:30	TRX circuit
10:00	Hatha yoga
10:00	Kickboksen
10:00	Pump
10:00	Strength & Condition
10:00	Bootcamp (Kraantje Lek)
10:25	Fitness circuit
10:30	TRX Circuit
10:45	Core
11:00	Spinning
11:00	Bokszak work-out
11:15	Brazilian dance
11:30	Dojo vrije training

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