

# Groepslessen - Volwassenen

## Maandag

08:00	Pump
08:00	Bootcamp
08:45	Pilates
09:00	Pump
09:00	Strength & Conditioning
09:15	Bokszak workout
09:45	Balance
10:00	Pilates
10:15	TRX-circuit
12:30	Aquafit
17:30	Karate 12 jaar + (J/V)
18:00	Shape
18:30	Bokszak workout
18:45	Zumba
19:00	Spinning
19:15	TRX-circuit
19:30	Bokszak workout
19:30	Bootcamp
19:45	Hatha yoga
20:00	Shape
20:30	Strength & Conditioning
20:15	Dojo Circuit
20:30	Bokszak workout
20:45	Yin Yoga
21:15	Strength & Conditioning

## Dinsdag

08:00	Bokszak workout
08:15	TRX-circuit
08:30	Shape
08:45	Hatha yoga
09:00	Bokszak workout
09:15	Dojo Circuit
09:45	Power Yoga
10:00	Seniorenfit
10:15	TRX-Circuit
12:30	Aquafit
18:00	Shape
18:00	Strength & Conditioning
18:15	CA-yoga
18:45	Strength & Conditioning
18:45	Kickboksen
19:00	Spinning
19:15	Yin Yoga
19:45	Bokszak Workout
20:00	Sportkarate
20:00	Pump
20:15	Pilates
20:45	Bokszak Workout

## Woensdag

08:00	Pump
08:15	Bokszak Workout
08:30	TRX-Circuit
08:45	Pilates
09:00	Pump
09:15	Strength & Conditioning
09:15	Bokszak Workout
09:30	Dojo Circuit
09:45	Balance
10:00	Spinning
12:30	Aquafit
17:45	Zumba
18:00	Strength & Conditioning
18:15	Bokszak Workout
18:30	Dojo Circuit
18:30	Pilates
18:45	Strength & Conditioning
18:45	Pump
19:15	Bokszak Workout
19:30	Hatha Yoga
19:30	Bootcamp
19:45	Aerobics
20:00	Karate wedstrijdtraining
20:15	Bokszak Workout
20:30	Yin Yoga
21:15	Dojo Circuit

## Donderdag

08:00	Bootcamp
08:15	Dojo Circuit
08:30	Pilates
08:45	Hatha yoga
09:00	Bokszak Workout
09:15	Strength & Conditioning
09:15	TRX-Circuit
09:30	Shape
09:45	CA-yoga
11:00	Tai Chi
12:30	Aquafit
17:45	Spinning
18:00	Strength & Conditioning
18:15	Zumba
18:30	TRX-Circuit
18:45	Strength & Conditioning
18:45	Pump
19:00	Bokszak Workout
19:15	CA Yoga
19:30	Karate traditioneel J+V
19:45	Spinning
20:00	Kickboksen
20:15	CA Yoga

## Vrijdag

07:45	Pump
08:00	Bokszak Workout
08:15	Power Yoga
08:30	Dojo Circuit
08:45	Pump
09:00	Bokszak Workout
09:15	Power Yoga
09:30	Dojo Circuit
09:45	Spinning
10:00	Seniorenfit
10:15	Balance
10:30	TRX-Circuit
18:00	Strength & Conditioning
18:30	Bokszak Workout
18:45	Pump
19:00	Hatha Yoga
19:30	Sportkarate
20:30	Karate wedstrijdtraining
20:30	Judo

## Zaterdag

07:30	Dojo circuit
08:15	Pilates
08:30	Circuittraining
08:45	Pump
09:15	Shape
09:45	Strength & Conditioning
10:00	Spinning
10:15	Pilates
10:30	Strength & Conditioning
10:45	Zumba
11:15	CA Yoga
12:15	CA Yoga
12:45	Traditioneel karate

## Zondag

08:15	TRX-Circuit
08:30	Shape
08:45	Bokszak Workout
09:00	Hatha Yoga
09:15	TRX-Circuit
09:30	Pump
09:45	Strength & Conditioning
09:45	Kickboksen
10:00	Hatha Yoga
10:15	TRX-Circuit
10:30	Spinning
10:45	Bokszak Workout
11:00	Zumba
12:00	Yin Yoga

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