

MAANDAG

GROUPCYCLE STUDIO	SKILL ATHLETIC	OUTDOOR	PILATES BOUTIQUE	WORKOUTZAAL 1	WORKOUTZAAL 2	BODY & MIND ZAAL
				07:00–08:00 CrossFit Miquel		
			08:00–09:00 Reformer – All levels Barbera		08:00–09:00 Body Pump Ellen	07:50–08:50 Yoga Flow Nanda
09:00–10:00 Spin & Shape Ellen			09:00–10:00 Reformer – All levels Barbera	09:00–10:00 Boksfit Training Elias	09:00–10:00 Booty & Core Arjan	09:00–10:00 Pilates Dorien
					10:00–11:00 Body Pump Arjan	10:00–11:00 Pilates Dorien
17:30–18:30 Spin & Shape Yvonne			17:30–18:30 Reformer – All levels Ellen		17:00–18:00 Pilates Sculpt Nadia C	17:30–18:30 Gentle Yoga Ingrid
			18:30–19:30 Reformer – All levels Ellen	18:00–19:00 CrossFit Rene	18:30–19:30 Body Shape Frederick	18:30–19:30 Yoga Flow Ingrid
19:30–20:30 GroupCycle Chris			19:30–20:30 Reformer – Beginner Rose	19:00–20:00 CrossFit Rene	19:30–20:30 Body Pump Leontine	19:30–20:30 Pilates Corrine
20:30–21:30 GroupCycle Chris	20:00–21:00 Skill Athletic HX Rene		20:30–21:30 Reformer – All levels Rose		20:30–21:30 Bokszak Training Bjorn	20:30–21:30 Pilates Corrine

LEGENDE

Body & Mind (yoga/pilates)

Pilates Boutique (Reformer & Barre)

Conditie (cycling & HIIT)

Kracht

CrossFit & Skill Athletic

Reserveer via de S&W App · annuleren kan tot 4 uur van tevoren

DINSDAG

GROUPCYCLE STUDIO	SKILL ATHLETIC	OUTDOOR	PILATES BOUTIQUE	WORKOUTZAAL 1	WORKOUTZAAL 2	BODY & MIND ZAAL
		08:45–09:30 HIIT & Kettlebell Jeffrey	09:00–10:00 Reformer – All levels Barbera 10:00–11:00 Reformer – All levels Ellen		09:00–10:00 Body Shape Ellen	09:00–10:00 Strength & Flexibility Gwendala 10:00–11:00 Yin Yoga Gwendala
		17:00–17:45 HIIT & Core Joey	17:30–18:30 Reformer – All levels Yvonne 18:30–19:30 Barre Class Tess 19:30–20:30 Barre Class Corrine	12:00–13:00 Senioren Fitness Anouck 18:00–19:00 CrossFit Jeffrey 19:00–20:00 CrossFit Jeffrey / Miquel		
19:30–20:30 Spin & Shape Yvonne 20:30–21:30 GroupCycle Jorgen	20:00–21:00 Skill Athletic Brave Rene				18:30–19:30 Steps Jenny 19:30–20:30 Boksfit Training David 20:45–21:45 Pilates Men Only Corrine	18:30–19:30 Strength & Flexibility Yvonne 19:30–20:30 30° Yoga Flow Nanda 20:30–21:30 Yin Yoga Nanda

LEGENDE Body & Mind (yoga/pilates) Pilates Boutique (Reformer & Barre) Conditie (cycling & HIIT) Kracht CrossFit & Skill Athletic

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WOENSDAG

GROUPCYCLE STUDIO	SKILL ATHLETIC	OUTDOOR	PILATES BOUTIQUE	WORKOUTZAAL 1	WORKOUTZAAL 2	BODY & MIND ZAAL
			07:00–08:00 Reformer – All levels Ellen		07:00–08:00 Pilates Sculpt Nadia C	
			08:00–09:00 Barre Class Corrine		08:00–09:00 Body Shape Frederick	08:00–09:00 Yoga Flow Carry
09:00–10:00 Spin & Shape Ellen			09:00–10:00 Barre Class Corrine	09:00–10:00 Cross Power Circuit Rene	09:00–10:00 Body Shape Yvonne	09:15–10:15 Pilates Artine
			10:00–11:00 Reformer – All levels Barbera	10:00–11:00 CrossFit Miquel	10:00–11:00 Body Pump Yvonne	10:30–11:30 Vinyasa Yoga Carry
						11:30–12:30 Yoga Therapie Carry
				17:30–18:30 Boksfit Training Milan		17:00–18:00 Strength & Flexibility Gwendala
			18:00–19:00 Reformer – Intermediate Artine		18:30–19:30 Body Pump Leontine	18:00–19:00 Gentle Yoga Ghislaine
19:00–20:00 GroupCycle Rob				19:00–20:00 CrossFit Mathijs	19:30–20:30 Body Shape Artine	19:00–20:00 Pilates II Guusje
20:00–21:00 GroupCycle Rob			20:00–21:00 Reformer – Beginner Guusje	20:00–21:00 CrossFit HX Milan		20:00–21:00 Yin Yoga Nidra Ingrid
						21:00–22:00 Yoga Men Only Renee

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Conditie (cycling & HIIT)

Kracht

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DONDERDAG

GROUPCYCLE STUDIO	SKILL ATHLETIC	OUTDOOR	PILATES BOUTIQUE	WORKOUTZAAL 1	WORKOUTZAAL 2	BODY & MIND ZAAL
					08:00–09:00 Body Pump Yvonne	08:00–09:00 Pilates Barbera
			09:00–10:00 Reformer – All levels Barbera	09:00–10:00 Cross Power Circuit Outdoor Joey / Rene	09:00–10:00 Body Shape Mariska	09:00–10:00 Strength & Flexibility Yvonne VANAF NOV.
	12:00–13:00 Senioren Fitness Rene					
		17:00–17:45 HIIT & Core Elisa	17:30–18:30 Reformer – All levels Carry		17:30–18:30 Pilates Sculpt Manon	
18:30–19:30 Beat Cycle Manon			18:30–19:30 Reformer – Beginner Carry	19:00–20:00 CrossFit Jeffrey	18:30–19:30 Body Pump Frederick	19:00–20:00 30° Yoga Flow Kathelijne
	20:00–21:00 Skill Athletic HX Damian		19:30–20:30 Reformer – All levels Guusje		19:30–20:30 Bokszak Training Bjorn	20:00–21:00 Yin Yoga Kathelijne
			21:00–22:00 Reformer – Beginner Guusje			

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Conditie (cycling & HIIT)

Kracht

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VRIJDAG

GROUPCYCLE STUDIO	SKILL ATHLETIC	OUTDOOR	PILATES BOUTIQUE	WORKOUTZAAL 1	WORKOUTZAAL 2	BODY & MIND ZAAL
	07:15–08:15 Skill Athletic HX Rene		08:00–09:00 HIIT Barre Nadia C 09:00–10:00 Barre Class Yvonne 10:00–11:00 Reformer – Beginner Rosanne 11:00–12:00 Reformer – All levels Ellen 12:15–13:15 Reformer – All levels Carry	08:00–09:00 Boksfit Training Elias 09:00–10:00 Boksfit Training Elias 10:00–11:00 CrossFit Miquel	08:00–09:00 Cross Power 3 Ellen 09:00–10:00 Body Shape Ellen 10:00–11:00 Power Pilates Ellen	07:00–08:00 Gentle Yoga Ingrid 08:00–09:00 Pilates Men Only Ruud 09:00–10:00 Pilates Anouck 10:00–11:00 Gentle Yoga Carry 11:00–12:00 Vinyasa Yoga Carry 12:00–13:00 Strength & Flexibility Gwendala 13:00–14:00 Yin Yoga Gwendala

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ZATERDAG

GROUPCYCLE STUDIO	SKILL ATHLETIC	OUTDOOR	PILATES BOUTIQUE	WORKOUTZAAL 1	WORKOUTZAAL 2	BODY & MIND ZAAL
09:00–10:00 GroupCycle Ellen			09:00–10:00 Reformer – All levels Barbera 10:00–11:00 Barre Class Yvonne	09:00–10:00 Boksfit Training Bjorn 10:00–11:00 CrossFit Miquel 11:00–12:00 CrossFit HX Miquel	08:00–09:00 Body Pump Frederick 09:00–10:00 Body Shape Yvonne 10:00–11:00 Power Pilates Frederick 11:00–12:00 Body Pump Yvonne 15:00–16:00 Body Pump Elisa	08:30–09:30 Yoga Flow Ingrid 09:30–10:30 Vinyasa Yoga Ingrid

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ZONDAG

GROUPCYCLE STUDIO	SKILL ATHLETIC	OUTDOOR	PILATES BOUTIQUE	WORKOUTZAAL 1	WORKOUTZAAL 2	BODY & MIND ZAAL
09:15–10:15 GroupCycle Paul 10:15–11:15 GroupCycle Robert		10:00–10:45 HIIT & Kettlebell Milan	09:00–10:00 Reformer – All levels Artine 10:00–11:00 Reformer – Intermediate Artine 11:00–12:00 Reformer – Intermediate Artine	09:00–10:00 Cross Power Circuit Joey / Rene 11:00–12:00 CrossFit Jeffrey / Rene 15:00–16:00 Cross Power Circuit Joey / Rene	09:00–10:00 Step & Shape Gea 10:00–11:00 Cross Power 3 Gea 11:00–12:00 Body Shape Gea	08:30–09:30 Strength & Flexibility Barbera 09:30–10:30 Pilates II Barbera 10:30–12:00 Iyengar Yoga Daniela 15:30–16:30 Yoga Flow Renee

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