

maandag	dinsdag	woensdag	donderdag	vrijdag	zaterdag	zondag
Early Birds Workout * 07:00 - 08:00	Pads (HIIT)- and personal training ***	Early Birds Workout * 07:00 - 08:00	Pads (HIIT)- and personal training ***	Early Birds Workout * 07:00 - 08:00		Pads (HIIT)- and personal training ***
Pads (HIIT) training ** 08:00 - 09:00		Pads (HIIT) training ** 08:00 - 09:00		Pads (HIIT) training ** 08:00 - 09:00	ARJEETJE (3-4 year) **** 09:00 - 10:00	
Senior Training 60+ 09:00 - 10:00		Senior Training 60+ 09:00 - 10:00		Senior Training 60+ 09:00 - 10:00	ARJEETJE (5-10 year) **** 10:00 - 11:00	
Bag Workout 10:00 - 11:00	Bag Workout 10:00 - 11:00	Bag Workout 10:00 - 11:00	Bag Workout 10:00 - 11:00	Bag Workout 10:00 - 11:00	Circuit training 11:00 - 12:00	
Pads (HIIT)- and personal training ***	Pads (HIIT)- and personal training ***	Pads (HIIT)- and personal training ***	Pads (HIIT)- and personal training ***	Pads (HIIT)- and personal training ***	Bag workout 12:00 - 13:00	
Kids Defence (4 tot 8 year) 16:00 - 17:00		Kids Defence (4 tot 8 year) 16:00 - 17:00		Kids Defence (4 tot 8 year) 16:00 - 17:00	Pads (HIIT)- and personal training ***	
Kids Defence (9 t/m 14 year) 17:00 - 18:00	Technical Training 17:00 - 18:00	Kids Defence (9 t/m 14 year) 17:00 - 18:00	Jan's Power Hour 17:00 - 18:00	Kids Defence (9 t/m 14 year) 17:00 - 18:00		
Kickboxing Advanced 18:00 - 19:00	After Work Workout 18:00 - 19:00	Kickboxing Advanced 18:00 - 19:00	After Work Workout 18:00 - 19:00	Kickboxing Advanced 18:00 - 19:00		
Bag Workout 19:00 - 20:00	Bag Workout 19:00 - 20:00	Bag Workout 19:00 - 20:00	Bag Workout 19:00 - 20:00	Bag Workout 19:00 - 20:00		
Kickboxing Recreation 20:00 - 21:00	Kickboxing Advanced Sparring 20:00 - 21:00	Kickboxing Recreation 20:00 - 21:00	Boxing Training 20:00 - 21:00	Kickboxing Recreation 20:00 - 21:00		

Because of the COVID-19 virus, we will clean for 10 minutes between every training



**This lessons are not included the regular monthly payments**

- \* A special class early in the morning. Includes kickbox techniques, pads, strength and conditioning workouts
- \*\* High Intensity Interval Training is a cardio session of 20 minutes of very hard work
- \*\*\* Train 1-on-1 with our trainers for optimal results. 60 minutes of training.
- \*\*\*\* ARJEETJE is a training together with your children. ARJEETJE is specially designed to encourage parent and child to exercise and improve the child's coordination, agility and balance

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