

	maandag	dinsdag	woensdag	donderdag	vrijdag	zaterdag	zondag
7:00	Pads (HIT)- and personal training ***		Pads (HIT)- and personal training ***		Pads (HIT)- and personal training ***		
9:00	Bag Workout		Bag Workout		Bag Workout	Pads (HIT)- and personal training *** (3-4 year)	
10:00	Circuit training		Circuit training		Circuit training		
11:00	Combination training		Combination training		Combination training	10:30 - 11:15 Circuit Training	
12:00		Pads (HIT)- and personal training ***		Pads (HIT)- and personal training ***		11:30 - 12:15 Combination Training	
12:00	Pads (HIIT)- and personal training ***		Pads (HIIT)- and personal training ***		Pads (HIIT)- and personal training ***	12:30 - 13:15 Combination Training	Pads (HIIT)- and personal training ***
13:00							
15:30	Kids Defence (4 tot 8 year)		Kids Defence (4 tot 8 year)		Kids Defence (4 tot 8 year)	Pads (HIT)- and personal training ***	
16:15	Kids Defence (9 t/m 14 year)		Kids Defence (9 t/m 14 year)		Kids Defence (9 t/m 14 year)		
17:00	Bag Workout	Bag Workout	Bag Workout	Bag Workout	Bag Workout		
17:55	Circuit Training	Circuit Training	Circuit Training	Circuit Training	Circuit Training		
18:50	Kickboxing Recreation	Kickboxing Recreation	Kickboxing Recreation	Kickboxing Recreation	Kickboxing Recreation		
20:00							

This lessons are not included the regular monthly payments



*** Train 1-on-1 with our trainers for optimal results. 60 minutes of training, when you're registered to the gym, you can plan a personal training for €25,-

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