

	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 ***	
10:00	Kids Defence (4 tot 8 year)		Kids Defence (4 tot 8 year)		Kids Defence (4 tot 8 year)		
11:00	Kids Defence (9 t/m 14 year)		Kids Defence (9 t/m 14 year)		Kids Defence (9 t/m 14 year)	10:30 - 11:30 Circuit Training	
12:00						11:45 - 12:45 Bag Workout	Pads (HIIT)- and personal training ***
13:00	Pads (HIT)- and personal training ***	Pads (HIT)- and personal training ***	Pads (HIT)- and personal training ***	Pads (HIT)- and personal training ***	Pads (HIT)- and personal training ***	Pads (HIT)- and personal training ***	
17:00							
18:00	Circuit Training		Circuit Training		Circuit Training		
19:00	Bag Workout		Bag Workout		Bag Workout		
20:00	Kickboxing Recreation		Kickboxing Recreation		Kickboxing Recreation		

This lessons are not included the regular monthly payments

*** Train 1-on-1 with our trainers for optimal results. 60 minutes of training.



Summer schedule

Monday July 19th - sunday August 29th

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