

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00	** Early Birds Workout	Open gym (outside)	** Early Birds Workout	Open gym (outside)	** Early Birds Workout		
8:00	Open gym (outside) 10:00 - 15:00 Book your (HIIT) Pads Workout (20 min)*	Open gym (outside) Book your (HIIT) Pads Workout (20 min)*	Open gym (outside) Book your (HIIT) Pads Workout (20 min)*	Open gym (outside) Book your (HIIT) Pads Workout (20 min)*	Open gym (outside) Book your (HIIT) Pads Workout (20 min)*		
9:00	Bag Workout	Bag Workout	Bag Workout	Bag Workout	Bag Workout	*** ARJEETJE	Open Gym (outside) boxingbags and equipment 09:00 - 17:00
10:00	Open gym (outside) 10:00 - 15:00 Book your (HIIT) Pads Workout (20 min)*	Open gym (outside) 10:00 - 16:00 Book your (HIIT) Pads Workout (20 min)*	Open gym (outside) 10:00 - 15:00 Book your (HIIT) Pads Workout (20 min)*	Open gym (outside) 10:00 - 16:00 Book your (HIIT) Pads Workout (20 min)*	** Yoga	*** ARJEETJE	
11:00	Book your personal training 10:00 - 15:00	Book your personal training 10:00 - 16:00	Book your personal training 10:00 - 15:00	Book your personal training 10:00 - 16:00	Open gym (outside) 11:00 - 15:00 Book your (HIIT) Pads Workout (20 min)*	Circuit Training	Book your personal training
12:00						Bag Workout	
13:00	Book your 20 minutes (HIIT) pads training* Only €20				Book your 20 minutes (HIIT) pads training* Only €20	MMA	
16:00	Kids Kickboxing (4 tot 8 year)	Book your 20 minutes (HIIT) pads training* Only €20	Kids Kickboxing (4 tot 8 year)	Book your 20 minutes (HIIT) pads training* Only €20	Kids Kickboxing (4 tot 8 year)	Open gym (outside) Book your (HIIT) Pads Workout (20 min)*	Book your 20 minutes (HIIT) pads training* Only €20
17:00	Kids Kickboxing (9 t/m 14 year)	Teenage Workout	Kids Kickboxing (9 t/m 14 year)	Teenage Workout	Kids Kickboxing (9 t/m 14 year)		
18:00	Kickboxing Advanced Selected class	After Work Workout	Kickboxing Advanced Selected class	After Work Workout	Kickboxing Advanced Selected class		
19:00	Bag Workout	Technical Kickboxing	Bag Workout	Circuit Training	Bag Workout		
20:00	Kickboxing Recreation	Kickboxing Sparring Selected class	Kickboxing Recreation	Power Hour	Kickboxing Recreation		
21:00	Kickboxing Recreation + Selected class	Open gym (outside) Book your (HIIT) Pads Workout (20 min)*	Kickboxing Recreation + Selected class	Open gym (outside) Book your (HIIT) Pads Workout (20 min)*	Kickboxing Recreation + Selected class		



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These lessons are not included the regular monthly payments

- \* Train 1-on-1 with our trainers for optimal results, 20 minutes of pads training.
- \*\* You can only participate in these classes with a separately available card (10 lessons)
- \*\*\* ARJEETJE; a class for parent & child in a course of 10 lessons

Check website for more information and prices