

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00	** Early Birds Workout	Pads (HIT)- and personal training ***	** Early Birds Workout	Pads (HIT)- and personal training ***	** Early Birds Workout		
8:00	Pads (HIT)- and personal training *		Pads (HIT)- and personal training *		Pads (HIT)- and personal training *		
9:00	(HIIT) Bag Workout	Bag Workout	(HIIT) Bag Workout	Bag Workout	(HIIT) Bag Workout		
9:30	(HIIT) Bag Workout		(HIIT) Bag Workout		(HIIT) Bag Workout		
10:00	Pads (HIIT)- and personal training *	Pads (HIT)- and personal training *	Pads (HIIT)- and personal training *	Pads (HIT)- and personal training *	Pads (HIIT)- and personal training *	*** ARJEETJE	Pads (HIIT)- and personal training *
11:00						Circuit Training	
12:00						Bag Workout	
13:00						MMA	
16:00	Kids Kickboxing (4 tot 8 year)	Teenage Workout	Kids Kickboxing (4 tot 8 year)	Teenage Workout	Kids Kickboxing (4 tot 8 year)	Pads (HIT)- and personal training *	
17:00	Kids Kickboxing (9 t/m 14 year)		Kids Kickboxing (9 t/m 14 year)		Kids Kickboxing (9 t/m 14 year)		
18:00	Kickboxing Advanced Selected class	Bag Workout	Kickboxing Advanced Selected class	Bag Workout	Kickboxing Advanced Selected class		
19:00	(HIIT) Bag Workout	Technical Kickboxing	(HIIT) Bag Workout	Circuit Training	(HIIT) Bag Workout		
19:15							
19:45	(HIIT) Bag Workout	Kickboxing Sparring Invitation only	(HIIT) Bag Workout		(HIIT) Bag Workout		
20:00							
20:15	Kickboxing Recreation	Pads (HIT)- and personal training *	Kickboxing Recreation	Pads (HIT)- and personal training *	Kickboxing Recreation		
21:15	Kickboxing Recreation		Kickboxing Recreation		Kickboxing Recreation		



This lessons are not included the regular monthly payments

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- * Train 1-on-1 with our trainers for optimal results. 20 minutes of training.
- ** You can participate these classes with a separate card (10 lessons)
- *** ARJEETJE; a class for parent and child in a course of 10 lessons

Check website for more information and prices