

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



These lessons are not included in the regular monthly payments

- \* Train 1-on-1 with our trainers for optimal results. 20 minutes of training.
- \*\* ARJEETJE; a class for parent and child in a course of 10 lessons

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Check website for more information and prices