

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00	Early Birds		Early Birds		Early Birds		
8:00	Pads (HIT)- and personal training ***		Pads (HIT)- and personal training ***		Pads (HIT)- and personal training ***		
9:00							
9:30	Bag Workout		Bag Workout		Bag Workout	Bag Workout	
10:15							
10:30	Kids Kickboxing	Pads (HIT)- and personal training ***	Kids Kickboxing			Circuit 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 *
17:30				Pads (HIT)- and personal training ***			
18:00							
18:30		MMA					
19:00	Kickboxing Advanced		Kickboxing Advanced				
19:45					Kickboxing Advanced		
20:00	Heavy Bag workout		Heavy Bag workout				
20:30							
	Kickboxing Recreational	Pads (HIT)- and personal training *	Kickboxing Recreational		Kickboxing Recreational		
	Pads (HIT)- and personal training *		Pads (HIT)- and personal training *		Pads (HIT)- and personal training *		



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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

Check website for more information and prices

SUMMER SCHEDULE

JULY 11th - AUGUST 20th