

	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 *
10:30	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 *		
11:30						Heavy Bag Workout	
16:00	Kids Kickboxing (4 tot 8 year)	Pads (HIT)- and personal training ***	Kids Kickboxing (4 tot 8 year)	Kids Kickboxing (4 tot 8 year)	Kids Kickboxing (4 tot 8 year)	Pads (HIT)- and personal training ***	
17:00	Kids Kickboxing (9 t/m 15 year)		Kids Kickboxing (9 t/m 15 year)	Kids Kickboxing (9 t/m 15 year)	Kids Kickboxing (9 t/m 15 year)		
18:00	Pads (HIT)- and personal training ***	MMA	Pads (HIT)- and personal training ***	ARJ HOUR	Pads (HIT)- and personal training ***		
18:30	Kickboxing Advanced Selected class	Circuit Training	Kickboxing Advanced Selected class	Circuit Training	Kickboxing Advanced Selected class		
19:00							
19:30							
19:45	Heavy Bag Workout	Technical/ Recreational Kickboxing	Heavy Bag Workout	Boxing	Heavy Bag Workout		
20:00							
20:30	Kickboxing Recreation		Kickboxing Recreation		Kickboxing Recreation		
	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 *		



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