

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00			Early Birds Workout		Early Birds Workout		
8:00	Pads (HIIT)- and personal training *	Pads (HIIT)- and personal training *	Pads (HIIT)- and personal training *		Pads (HIIT)- and personal training *		Pads (HIIT)- and personal training *
9:00	Bag Workout		Bag Workout		Bag Workout		
9:30						** ARJEETJE	
10:00						Circuit Training	
10:30							
11:00							
11:30							
12:00							
13:00							
16:00							
17:00	Kids Kickboxing (5 tot 8 year)		Kids Kickboxing (5 tot 8 year)		Kids Kickboxing (5 tot 8 year)		
18:00	Kids Kickboxing (9 t/m 14 year)		Kids Kickboxing (9 t/m 14 year)		Kids Kickboxing (9 t/m 14 year)		
18:30		MMA		MMA			
19:00	Kickboxing Advanced		Kickboxing Advanced		Kickboxing Advanced		
19:45	Bag Workout	Circuit Training	Bag Workout	Circuit Training	Bag Workout		
20:00							
20:30	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing		
		Pads (HIIT)- and personal training *		Pads (HIIT)- and personal training *			



These lessons are not included the regular monthly payments

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

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Check website for more information and prices