



Group Classes Schedule

from 1 February 2020

	Aerobic Studio	Spinning Studio	Fitness Area
Monday	09:15 10:05 Step 10:15 11:05 Bodypump 11:15 12:05 Bodybalance 18:00 18:30 Barre 18:30 19:00 HIIT 19:00 19:50 Bodypump 20:00 20:50 Zumba 21:00 21:50 Yoga	09:15 10:05 RPM 18:00 18:50 RPM 20:00 20:50 RPM	09:00 09:10 AB training 09:30 10:00 Small Group Training 10:00 10:10 AB training 11:00 11:10 AB training 18:00 18:10 AB training 19:00 19:10 AB training 19:30 20:00 Small Group Training 20:00 20:10 AB training
Tuesday	09:15 10:05 Yoga 10:15 11:05 Pilates 18:00 18:50 Bodypump 19:00 19:50 Bodyboxx 20:00 20:50 Shapeburn 21:00 21:50 Pilates	09:15 10:05 RPM 18:15 18:45 HIIT Cycling 19:00 19:50 RPM	09:00 09:10 AB training 09:30 10:00 Small Group Training 10:00 10:10 AB training 11:00 11:10 AB training 18:00 18:10 AB training 19:00 19:10 AB training 19:30 20:00 Small Group Training 20:00 20:10 AB training
Wednesday	09:15 10:05 Shapeburn 10:15 11:05 Bodypump 11:15 12:05 Pilates 18:15 18:50 Barre 19:00 19:50 Bodypump 20:00 20:50 Zumba 21:00 21:50 Yoga	09:15 10:05 RPM 18:00 18:50 Spinning	09:00 09:10 AB training 09:30 10:00 Small Group Training 10:00 10:10 AB training 11:00 11:10 AB training 18:00 18:10 AB training 19:00 19:10 AB training 19:30 20:00 Small Group Training 20:00 20:10 AB training
Thursday	09:15 10:05 Salsation 10:15 11:05 Yoga 11:15 12:05 Senioren Yoga 18:00 18:30 HIIT 18:30 19:20 Bodycombat 19:30 20:20 Bodypump	18:30 19:20 RPM 19:20 19:50 HIIT Cycling	09:00 09:10 AB training 09:30 10:00 Small Group Training 10:00 10:10 AB training 11:00 11:10 AB training 18:00 18:10 AB training 19:00 19:10 AB training 19:30 20:00 Small Group Training 20:00 20:10 AB training
Friday	09:15 10:05 Bodyboxx 10:15 11:05 Bodypump 18:15 19:05 Strong by Zumba 19:30 20:00 HIIT	09:15 10:05 RPM	09:00 09:10 AB training 09:30 10:00 Small Group Training 10:00 10:10 AB training 11:00 11:10 AB training 18:00 18:10 AB training 19:00 19:10 AB training 20:00 20:10 AB training
Saturday	09:15 10:05 Salsation 10:15 11:05 Bodypump 11:15 12:05 Bodycombat 12:15 13:05 Pilates 13:15 14:05 Barre	09:15 10:05 RPM	10:00 10:10 AB training 10:30 11:00 Small Group Training 11:00 11:10 AB training 12:00 12:10 AB training
Sunday	09:15 10:05 Bodyboxx 10:15 11:05 Zumba 11:15 12:05 Bodybalance 12:15 13:05 Bodypump	10:15 11:05 RPM	10:00 10:10 AB training 10:30 11:00 Small Group Training 11:00 11:10 AB training 12:00 12:10 AB training

Description Group Classes

LES MILLS BODYPUMP

Get to know this 50-minute fitness class. During Bodypump all your muscles are trained with the help of weights and a barbell. The perfect class for muscle strengthening, slimming and improving your figure. Simple, safe, effective, motivating music and super fun!

LES MILLS BODYCOMBAT

This is a group lesson based on eastern martial arts, with movements from disciplines such as Karate, Taekwondo, Kung Fu, Kickboxing, Muay Thai and Tai Chi. The 50 minutes workout is based on ten popular music tracks. This makes an exciting fitness experience that delivers extremely fast fitness results.

HIIT

HIIT is a full-body workout. The class is a rigorous interval training sequence with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance. People are challenged to push to their limits and walk out feeling strong.

LES MILLS barre

Les Mills BARRE is a modern version of a classical ballet class; a workout designed to shape posture muscles, build core strength and escape from the hectic of everyday life. If you are looking for a different way of training or a new way of self-expression, you'll love Les Mills BARRE. It may look beautiful, but don't underestimate the burn.

LES MILLS RPM & SPINNING

Push yourself to the limit with this intense indoor cycling workout! RPM is an effective cycling program for everyone who wants to lose weight, improve fitness or wants to achieve a better outdoor cycling performance. A super intensive group class in which you can cycle to the rhythm of crazy music. You have never burned calories so fast!

HIIT CYCLING

This is a high intensity interval training on the bike. It's an intense training. No long rides, but 30 minutes HIIT! Because the workout is short, you are challenged to get the maximum out of yourself. You quickly achieve results with minimal burden on the joints. Intensity peaks alternate with breaks.

ZUMBA FITNESS

This is a dance and fitness workout based on latin and international music such as Salsa, Merengue, Reggaeton, Flamenco, Belly dance, Cumbia, African dance, Hip hop and Dance. Zumba uses a combination of fitness and dance steps from Latin American dances. This combination creates a party feeling. The music and the variety ensure that you don't realize that you are exercising.

STRONG BY ZUMBA

STRONG by Zumba puts a unique spin on HIIT exercises by syncing the moves to music. Similar to the original Zumba workouts, music is at the heart of these classes. The classes incorporate high intensity moves synced to music, so every punch, kick and squat you do has a coinciding sound, motivating you to push yourself to your limits (however unlike Zumba, STRONG is not a dance class!). In addition to being a super fun and engaging workout, STRONG by Zumba has some great health benefits!

SALSATION FITNESS

SALSATION is a fun and addictive, functional dance workout! Each class is carefully crafted to improve overall strength and flexibility, increase the body's range of motion and take your dance skills to the next level. Salsation places a special emphasis on musicality, lyrical expression and functional training. Never danced before? Don't worry! You don't need any previous dance experience to enjoy a Salsation class. No matter what fitness or dance level you're at, Salsation is safe, fun, and effective!

YOGA

Yoga is an age-old Hindu philosophy that teaches the mind, the feeling and the body to control. It is a system that can make a significant contribution to the improvement of the quality of life based on personal experiences. This 60-minute class trains your body on strength, flexibility and relaxation.

PILATES

Belly, Low back and buttocks are central. This area is called the centre of strength. Therefore, there will be a lot of attention for 'centering': moving from the centre of the body. Pilates is all about concentrating, controlling, making fluid movements, precision and breathing. The exercises do not result in the build-up of extra muscle mass, but especially in more agility and a better body posture.

LES MILLS BODYBALANCE

This is a body & mind training. This lesson uses a mix of traditional Yoga, Thai Chi and Pilates movements. Ancient cultures have been pointing to the benefits of a good balance between body and mind for centuries. BodyBalance focuses on improving your posture, agility, strength, coordination and balance.



This is a mega energetic group lesson for every level. Learn boxing to the beat of the music. Train your body on endurance, strength, suppleness, perseverance, reflexes, insight and control! A complete boxing and cardio workout for your entire body. Nine music tracks, 100% workout!