

Group Class Schedule

from the 3th september 2018

	Aerobic Studio	Spinning Studio	Fitness Zaal
maandag	09:15 - 10:05 Step 10:15 - 11:05 Bodypump 11:15 - 12:05 Bodybalance 18:15 - 18:45 GRIT Strength 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 19:15 - 19:45 SPRINT 20:00 - 20:50 RPM	09:30 - 10:00 Small Group Training 19:30 - 20:00 Small Group Training
dinsdag	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	18:15 - 18:45 SPRINT 19:00 - 19:50 RPM	09:30 - 10:00 Small Group Training 19:30 - 20:00 Small Group Training
woensdag	09:15 - 10:05 Shapeburn 10:15 - 11:05 Bodypump 18:00 - 18:50 Yoga 19:00 - 19:50 Bodypump 20:00 - 20:50 Zumba 21:00 - 21:50 Bodybalance	09:15 - 10:05 RPM 18:00 - 18:50 RPM	09:30 - 10:00 Small Group Training 19:30 - 20:30 Bootcamp 19:30 - 20:00 Small Group Training
donderdag	09:15 - 10:05 Zumba 10:15 - 11:05 Yoga 11:15 - 12:05 Senioren Yoga 17:30 - 18:00 GRIT Strength 18:00 - 18:50 Bodycombat 19:00 - 19:50 Bodypump 20:00 - 20:50 Bodyboxx	18:00 - 18:50 RPM 19:15 - 19:45 SPRINT	09:30 - 10:00 Small Group Training 19:30 - 20:00 Small Group Training
vrijdag	09:15 - 10:05 Bodyboxx 10:15 - 11:05 Bodypump 18:00 - 18:50 Strong by Zumba	9:15 - 10:05 RPM	09:30 - 10:00 Small Group Training 19:30 - 20:00 Hiit in Aerobic Studio
zaterdag	09:15 - 10:05 Zumba 10:15 - 11:05 Bodypump 11:15 - 12:05 Bodycombat 12:15 - 13:05 Pilates	9:15 - 10:05 RPM	09:30 - 10:30 Bootcamp 10:30 - 11:00 Small Group Training
zondag	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	10:30 - 11:00 Small Group Training

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 dumbbell. The ideal lesson for muscle strengthening, slimming and improving your figure. Simple, safe, effective, motivating music and super fun!

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.

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-minute workout is based on ten popular music tracks. This makes an exciting fitness experience that delivers extremely fast fitness results.

LES MILLS GRIT[™] STRENGTH

GRIT Strength is a 30-minute high-intensity interval training. You are pushed to the limit and further. You train with a dumbbell, weight discs and your own body weight. You receive maximum personal attention because you train in a small group. With the coach who trains with you on the fitness floor and who motivates you and the team, you will be amazed at how hard you can train. And best of all: you achieve the results you are looking for!

LES MILLS RPM

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!

LES MILLS sprint

This is a high intensity interval training on the bike. It's an intense training. No long rides, but 30 minutes HITT! 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 work out 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.



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.



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 work out for your entire body. Nine music tracks, 100% workout!