

	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	09:30 10:00 Small Group Training   19:30 20:00 Small Group 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 Shapebum 21:00 21:50 Pilates	18:15 18:45 HIIT Cycling 19:00 19:50 RPM	09:30 10:00 Small Group Training   19:30 20:00 Small Group Training
Wednesday	09:15 10:05 Shapebum 10:15 11:05 Bodypump  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 Spinning	09:30 10:00 Small Group Training   19:30 20:30 Small Group Training
Thursday	09:15 10:05 Zumba 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	18:00 18:30 HIIT Cycling 18:30 19:20 RPM	09:30 10:00 Small Group Training   19:30 20:00 Small Group Training
Friday	09:15 10:05 Bodyboxx 10:15 11:05 Bodypump 11:30 12:00 Barre  18:00 18:50 Strong by Zumba	09:15 10:05 RPM	09:30 10:00 Small Group Training   19:30 20:00 HIIT
Saturday	09:15 10:05 Zumba 10:15 11:05 Bodypump 11:15 12:05 Bodycombat 12:15 13:05 Pilates 13:30 14:00 Barre	09:15 10:05 RPM	09:30 10:30 <b>Bootcamp</b> 10:30 11:00 Small Group 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	10:30 11:00 Small Group Training

## Explanation Groupclasses

### 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 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.

### HIIT

HIIT 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 barre

Les Mills BARRE is a modern version of a classical ballet class; a 30-minute 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 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.

### 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!

### 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.

### BOXING

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!