

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
POWER & CORE	BODYPUMP	Cross Studio	18:20 - 19:20	19:40 - 20:40	09:30 - 10:30 20:10 - 21:10	20:00 - 21:00	09:50 - 10:50	09:50 - 10:50
	LES MILLS CORE	Cross Studio	19:30 - 20:00	18:20 - 18:50	18:50 - 19:20			11:40 - 12:10
	ABDO	Body Studio		09:50 - 10:20		18:20 - 18:50	09:00 - 09:30	12:10 - 12:40
	POWER PILATES	Body Studio	09:00 - 09:50			09:00 - 09:50		

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CARDIO & AEROBIC	BODYATTACK	Cross Studio			18:50 - 19:50		11:00 - 12:00	
	BODYCOMBAT	Cross Studio	20:10 - 21:10			18:00 - 19:00		
	SH'BAM	Body Studio	19:30 - 20:15	19:30 - 20:15				10:00 - 10:45
	BODYJAM	Body Studio		19:00 - 19:50		19:10 - 20:10		
	RPM	Cycling Studio	18:40 - 19:25	09:30 - 10:15			09:30 - 10:15 19:10 - 19:55	10:00 - 10:45
	INDOOR CYCLING	Cycling Studio			18:40 - 19:25	19:00 - 19:45		11:00 - 12:00

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HIIT	GRIT CARDIO	Cross Studio		19:30 - 20:00				11:00 - 11:30
	GRIT STRENGTH	Cross Studio	19:00 - 19:30					
	SPRINT	Cycling Studio	19:30 - 20:00	19:00 - 19:30	19:30 - 20:00	18:30 - 19:00		

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA, PILATES & ZEN	BODYBALANCE	Body Studio	18:20 - 19:20				09:50 - 10:50	11:00 - 12:00
	MINDFULNESS MEDITATIE	Zen Studio		18:20 - 18:50	09:00 - 09:30			
	HATHA YOGA	Zen Studio	19:30 - 20:30					
	ASHTANGA YOGA	Zen Studio		18:50 - 19:50	09:30 - 10:30	18:45 - 20:15		
	YIN YOGA	Zen Studio			19:15 - 20:30	20:15 - 21:15		11:00 - 12:30
	HOT YOGA	Zen Studio			18:00 - 19:00			
	PILATES	Zen Studio Body Studio		09:20 - 10:20 (Zen)	10:40 - 11:30 (Body)		09:40 - 10:40 (Body)	

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FUNCTIONAL & CIRCUIT	CROSS TRAINING	Fitness Outdoor	20:10 - 21:10	19:40 - 20:40	20:10 - 21:10	20:00 - 21:00	19:10 - 20:10	11:00 - 12:00
	SYNRGY CIRCUIT	Fitness	10:10 - 10:40			09:20 - 09:50	10:50 - 11:20	10:20 - 10:50

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ALLROUND & COMPLETE	FLEX2 MOVE	Cross Studio	09:00 - 10:00		10:00 - 11:00			
	AQUAGYM	Pool	10:00 - 11:00 20:00 - 21:00	10:00 - 11:00	09:30 - 10:30 20:00 - 21:00	10:00 - 11:00		11:00 - 12:00
	FLOATFIT	Pool	18:50 - 19:50	18:30 - 19:30	18:50 - 19:50		11:00 - 12:00	
	RUGSCHOOL	Zen Studio		10:30 - 11:30 20:00 - 21:00	10:40 - 11:40			09:50 - 10:50

Reservations are mandatory for all group fitness classes. You must book online at 'sports.thermae.com'. Booking in the club is not possible.

Please be present 5 minutes before class starts. This will allow you to set up your materials and start on time.

No waiting upstairs in front of the Zen Studio. Please wait downstairs until the teacher picks you up. Shoes are to be left in the rack downstairs.