

		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	17:00 - 18:00	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	Cross Studio		09:20 - 09:50		18:15 - 18:45	09:00 - 09:30	12:10 - 12:40
	POWER PILATES	Body Studio	09:00 - 09:50	20:15 - 21:00		09:00 - 09:50		

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

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA, PILATES & ZEN	BODYBALANCE	Body Studio	18:20 - 19:20		10:00 - 11:00		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				11:00 - 12:00	
	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)	17:45 - 18:45 (Body)	09:40 - 10:40 (Body)	

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FUNCTIONAL & CIRCUIT	CROSS TRAINING	Fitness Outdoor	20:10 - 21:10		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	FLEX 2 MOVE	Cross Studio	09:00 - 10:00					
	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' or via the MyClubPlanner app. 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.