

|              |                |              | MONDAY        | TUESDAY       | WEDNESDAY                      | THURSDAY      | FRIDAY        | SATURDAY      | SUNDAY        |
|--------------|----------------|--------------|---------------|---------------|--------------------------------|---------------|---------------|---------------|---------------|
| POWER & CORE | BODYPUMP       | Cross Studio | 18:20 - 19:20 | 17:40 - 18:40 | 09:30 - 10:30<br>20:10 - 21:10 | 20:00 - 21:00 | 17:00 - 18:00 | 09:50 - 10:50 | 09:50 - 10:50 |
|              | LES MILLS CORE | Cross Studio | 19:30 - 20:00 | 18:50 - 19:20 | 19:30 - 20:00                  |               |               |               | 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 | 19:00 - 19:45 |                                | 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 | 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    |               | 20:10 - 21:10                  |               |               | 19:10 - 20:10                  |               |               |
|                  | SWISSJUMP      | Body Studio    |               | 18:00 - 18:50                  |               |               |                                |               |               |
|                  | RPM            | Cycling Studio |               | 09:30 - 10:15<br>18:40 - 19:25 |               |               | 09:40 - 10:25<br>19:10 - 19:55 |               | 10:10 - 10:55 |
|                  | 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   |               |               | 18:50 - 19:20 |          |               |          | 11:00 - 11:30 |
|      | GRIT STRENGTH | Cross Studio   |               | 19:30 - 20:00 |               |          |               |          |               |
|      | SPRINT        | Cycling Studio | 19:30 - 20:00 | 19:30 - 20:00 | 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<br>11:00 - 12:00 | 11:00 - 12:00 |
|                     | MINDFULNESS<br>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<br>Body Studio |               | 09:20 - 10:20<br>(Zen) | 10:40 - 11:30<br>(Body) | 17:45 - 18:45<br>(Body) | 09:40 - 10:40<br>(Body) | 11:00 - 12:00<br>(Zen)         |               |

|                      |                |                    | MONDAY        | TUESDAY       | WEDNESDAY     | THURSDAY      | FRIDAY        | SATURDAY      | SUNDAY        |
|----------------------|----------------|--------------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| FUNCTIONAL & CIRCUIT | CROSS TRAINING | Fitness<br>Outdoor | 20:10 - 21:10 | 19:00 - 20:00 | 20:10 - 21:10 | 20:00 - 21:00 | 18:10 - 19:10 | 11:00 - 12:00 | 11:00 - 12:00 |
|                      | SYNRGY CIRCUIT | Fitness            | 10:10 - 10:40 |               |               | 09:20 - 09:50 | 10:50 - 11:20 |               | 10:20 - 10:50 |

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|---------------------|--------------------|--------------|--------------------------------|--------------------------------|--------------------------------|---------------|---------------|---------------|---------------|
| ALLROUND & COMPLETE | FLEX 2 MOVE        | Cross Studio | 09:00 - 10:00                  |                                |                                |               |               |               |               |
|                     | AQUAGYM            | Pool         | 10:00 - 11:00<br>20:00 - 21:00 | 10:00 - 11:00<br>20:00 - 21:00 | 09:30 - 10:30<br>20:00 - 21:00 | 10:00 - 11:00 | 9:40 - 10:25  |               | 11:00 - 12:00 |
|                     | AQUA JOGGING       | Pool         |                                |                                |                                |               | 17:00 - 17:45 |               |               |
|                     | FLOATFIT           | Pool         |                                | 18:50 - 19:50                  | 18:50 - 19:50                  |               | 18:10 - 19:10 | 11:00 - 12:00 |               |
|                     | MORNING ACTIVATION | Fitness      |                                | 8:15 - 8:35                    |                                |               |               |               |               |
|                     | RUGSCHOOL          | Zen Studio   |                                | 10:30 - 11:30<br>20:00 - 21:00 | 10:40 - 11:40                  |               |               |               | 09:50 - 10:50 |



\* During summer month' the **Hot Yoga** classes will be replaced by Power Yoga in an unheated room.

**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.

