

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
POWER & CORE	BODYPUMP <small>LES MILLS</small> <i>Cross Studio</i>	17:40 - 18:40 19:30 - 20:30	17:40 - 18:40	09:30 - 10:30 20:10 - 21:10	20:00 - 21:00	17:00 - 18:00	09:50 - 10:50	09:50 - 10:50
	LES MILLS CORE <small>LES MILLS</small> <i>Cross Studio</i>	18:50 - 19:20	18:50 - 19:20	19:30 - 20:00				11:40 - 12:10
	ABDO <i>Cross Studio</i>		09:20 - 09:50		17:30 - 18:00	09:00 - 09:30	12:10 - 12:40	
	POWER PILATES <i>Harmony Studio</i>	09:00 - 09:50	19:00 - 19:45		09:00 - 09:50			

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CARDIO & AEROBIC	BODYATTACK <small>LES MILLS</small> <i>Cross Studio</i>				18:50 - 19:50		11:00 - 12:00	
	BODYCOMBAT <small>LES MILLS</small> <i>Cross Studio</i> <i>Harmony Studio</i>	20:20 - 21:20 Harmony Studio	20:10 - 21:10 Cross Studio			18:10 - 19:10 Cross Studio		
	LES MILLS DANCE <small>LES MILLS</small> <i>Harmony Studio</i>	19:30 - 20:15		12:30 - 13:15 19:30 - 20:15		19:10 - 19:55		10:00 - 10:45
	BODYJAM <small>LES MILLS</small> <i>Harmony Studio</i>		20:10 - 21:10				11:00 - 12:00	
	RPM <small>LES MILLS</small> <i>Cycling Studio</i>	18:00 - 18:45	09:30 - 10:15 18:40 - 19:25			09:40 - 10:25 19:10 - 19:55		10:10 - 10:55
	INDOOR CYCLING <i>Cycling Studio</i>	19:30 - 20:15		18:40 - 19:25	19:00 - 19:45		11:00 - 12:00	

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HIIT	GRIT CARDIO <small>LES MILLS</small> <i>Cross Studio</i>			18:50 - 19:20				11:00 - 11:30
	GRIT STRENGTH <small>LES MILLS</small> <i>Cross Studio</i>		19:30 - 20:00		18:10 - 18:40			
	LES MILLS SPRINT <small>LES MILLS</small> <i>Cycling Studio</i>	18:50 - 19:20	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 <small>LES MILLS</small> <i>Harmony Studio</i>	18:20 - 19:20			10:00 - 11:00		09:50 - 10:50	11:00 - 12:00
	MINDFULNESS MEDITATIE <i>Zen Studio</i>		18:20 - 18:50	09:00 - 09:30				
	HATHA YOGA <i>Zen Studio</i>	19:30 - 20:30						
	ASHTANGA YOGA <i>Zen Studio</i>		18:50 - 19:50	09:30 - 10:30	18:45 - 20:15			
	VINYASA YOGA <i>Zen Studio</i>					18:10 - 19:10	11:00 - 12:00	
	YIN YOGA <i>Zen Studio</i>			19:15 - 20:30	20:15 - 21:45	19:10 - 20:10		11:00 - 12:30
	HOT YOGA * <i>Zen Studio</i>			18:00 - 19:00				
	PILATES <i>Zen Studio</i> <i>Harmony Studio</i>		09:20 - 10:20 Zen Studio	10:40 - 11:30 Harmony Studio	18:00 - 19:00 Harmony Studio	09:40 - 10:40 Harmony Studio	10:00 - 11:00 Zen Studio	

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FUNCTIONAL & CIRCUIT	CROSS TRAINING <i>Fitness Outdoor</i>	19:30 - 20:30	19:00 - 20:00	20:10 - 21:10	20:00 - 21:00	19:10 - 20:10	11:00 - 12:00	11:00 - 12:00
	SYNRGY CIRCUIT <i>Fitness</i>	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 <i>Cross Studio</i>	09:00 - 10:00						
	AQUAGYM <i>Pool</i>	10:00 - 11:00 20:00 - 21:00	10:30 - 11:30 20:00 - 21:00	09:30 - 10:30 20:00 - 21:00	10:00 - 11:00	9:40 - 10:25		11:00 - 12:00
	AQUA JOGGING <i>Pool</i>					17:00 - 17:45		
	FLOATFIT <i>Pool</i>	18:50 - 19:50	18:50 - 19:50	18:50 - 19:50		18:10 - 19:10		
	MORNING ACTIVATION <i>Fitness</i>		8:15 - 8:35					
	RUGSCHOOL <i>Zen Studio</i>	18:20 - 19:20	10:30 - 11:30 20:00 - 21:00	10:40 - 11:40	11:30 - 12:30			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 'http://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.

