

			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
POWER & CORE	BODYPUMP <small>LES MILLS</small>	Cross Studio	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>	Cross Studio	18:50 - 19:20	18:50 - 19:20	19:30 - 20:00				11:40 - 12:10
	ABDO	Cross Studio		09:20 - 09:50		17:30 - 18:00	09:00 - 09:30	12:10 - 12:40	
	POWER PILATES	Harmony Studio	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>	Cross Studio				18:50 - 19:50		11:00 - 12:00	
	BODYCOMBAT <small>LES MILLS</small>	Cross Studio	20:30 - 21:30	20:10 - 21:10			18:10 - 19:10		
	LES MILLS DANCE <small>LES MILLS</small>	Harmony Studio	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>	Harmony Studio		20:10 - 21:10				11:00 - 12:00	
	SWISSJUMP	Harmony Studio		18:00 - 18:45	09:30 - 10:15				
	RPM <small>LES MILLS</small>	Cycling Studio	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	Cycling Studio	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>	Cross Studio			18:50 - 19:20				11:00 - 11:30
	GRIT STRENGTH <small>LES MILLS</small>	Cross Studio		19:30 - 20:00		18:10 - 18:40			
	LES MILLS SPRINT <small>LES MILLS</small>	Cycling Studio	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>	Harmony 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						
	ASHTANGA YOGA	Zen Studio		18:50 - 19:50	09:30 - 10:30	18:45 - 20:15			
	VINYASA YOGA	Zen Studio					18:10 - 19:10	11:00 - 12:00	
	YIN YOGA	Zen Studio			19:15 - 20:30	20:15 - 21:45	19:10 - 20:10		11:00 - 12:30
	HOT YOGA *	Zen Studio			18:00 - 19:00				
	PILATES	Zen Studio Harmony Studio		09:20 - 10:20 Zen Sudio	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	Fitness Outdoor	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	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	10:30 - 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	Pool					17:00 - 17:45		
	FLOATFIT	Pool	18:50 - 19:50	18:50 - 19:50	18:50 - 19:50		18:10 - 19:10		
	RUGSCHOOL	Zen Studio	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.

