

Thermae Sports Merchtem
Outdoor Fitness
1 - 7 juni 2020

Maandag 01/06/2020				Dinsdag 02/06/2020				Woensdag 03/06/2020				Donderdag 04/06/2020				Vrijdag 05/06/2020			
Zone C (Groupfitness)	Zone A (Functional)	Zone B (Krachttraining)	Zone E (Zen Terras)	Zone C (Groupfitness)	Zone A (Functional)	Zone B (Krachttraining)	Zone E (Zen Terras)	Zone C (Groupfitness)	Zone A (Functional)	Zone B (Krachttraining)	Zone E (Zen Terras)	Zone C (Groupfitness)	Zone A (Functional)	Zone B (Krachttraining)	Zone E (Zen Terras)	Zone C (Groupfitness)	Zone A (Functional)	Zone B (Krachttraining)	Zone E (Zen Terras)
	9:30 - 10:00 Functional Training				9:30 - 10:00 Functional Training				9:30 - 10:00 Functional Training				9:30 - 10:00 Functional Training				9:30 - 10:00 Functional Training		
10:15 - 11:15 Pilates		10:15 - 11:15 Krachttraining Individueel		10:15 - 10:45 Abdo		10:15 - 11:00 Krachttraining Circuit		10:30 - 11:30 BodyPump		10:15 - 11:15 Krachttraining Individueel	10:15 - 11:15 Ashtanga Yoga	10:15 - 11:00 BodyBalance		10:15 - 11:00 Krachttraining Circuit		10:15 - 10:45 Abdo		10:15 - 11:00 Krachttraining Circuit	
							11:00 - 12:00 Yin Yoga												11:00 - 12:00 Rugschool
11:30 - 12:30 BodyPump	11:30 - 12:00 Functional Training		11:30 - 12:30 Hatha Yoga	11:15 - 12:00 Flex 2 Move					11:30 - 12:00 Functional Training				11:30 - 12:00 Functional Training			11:15 - 12:00 Flex 2 Move			
	17:15 - 17:45 Functional Training			17:30 - 18:00 GRIT Cardio				17:00 - 18:00 BodyPump	17:15 - 17:45 Functional Training				17:15 - 17:45 Functional Training				17:15 - 17:45 Functional Training		
18:00 - 18:45 BodyBalance	18:00 - 18:30 Functional Training					18:15 - 18:45 Krachttraining Circuit		18:15 - 19:00 BodyCombat		18:15 - 19:00 Krachttraining Circuit	18:15 - 19:15 Pilates	18:00 - 18:30 CX Worx				17:45 - 18:45 BodyPump		18:15 - 19:00 Krachttraining Circuit	
		18:45 - 19:30 Krachttraining Circuit		18:15 - 19:15 BodyPump			18:30 - 19:30 Hatha Yoga					18:45 - 19:45 BodyAttack		19:00 - 19:45 Krachttraining Circuit	19:00 - 20:00 Ashtanga Yoga	19:00 - 20:00 Bodylam	19:15 - 19:45 Functional Training		
19:00 - 20:00 BodyPump				19:30 - 20:00 CX Worx	19:15 - 19:45 Functional Training			19:15 - 20:00 Sh'bam	19:15 - 19:45 Functional Training										
		20:00 - 21:00 Krachttraining Individueel				20:00 - 21:00 Krachttraining Individueel				20:00 - 21:00 Krachttraining Individueel				20:00 - 21:00 Krachttraining Individueel				20:00 - 21:00 Krachttraining Individueel	

Zaterdag 06/06/2020				Zondag 07/06/2020			
Zone C (Groupfitness)	Zone A (Functional)	Zone B (Krachttraining)	Zone E (Zen Terras)	Zone C (Groupfitness)	Zone A (Functional)	Zone B (Krachttraining)	Zone E (Zen Terras)
	9:30 - 10:00 Functional Training				9:45 - 10:15 Functional Training		
10:15 - 11:15 BodyAttack		10:15 - 11:00 Krachttraining Circuit		10:00 - 11:00 BodyPump		10:30 - 11:30 Krachttraining Individueel	10:00 - 11:00 Rugschool
	11:15 - 11:45 Functional Training		11:00 - 12:00 Hatha Yoga		11:45 - 12:15 Functional Training		11:15 - 12:45 Yin Yoga
11:30 - 12:30 BodyPump		12:00 - 13:00 Krachttraining Individueel		12:30 - 13:30 BodyPump		12:30 - 13:30 Krachttraining Individueel	