

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
POWER & CORE	BODYPUMP	Cross Studio	18:30 - 19:30	18:30 - 19:30	09:00 - 10:00 20:00 - 21:00		18:00 - 19:00	09:45 - 10:45	10:00 - 11:00
	CX WORX	Cross Studio	19:30 - 20:00	19:30 - 20:00	19:30 - 20:00		19:00 - 19:30		11:00 - 11:30
	ABDO	Body Studio		09:00 - 09:30	10:00 - 10:30		09:00 - 09:30		
	POWER PILATES	Body Studio	09:00 - 09:45			09:00 - 09:45			

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

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HIIT	GRIT CARDIO	Cross Studio		19:00 - 19:30				
	GRIT ATHLETIC	Cross Studio	20:00 - 20:30		19:00 - 19:30			
	SPRINT	Cycling Studio	19:30 - 20:00	19:00 - 19:30	18:30 - 19:00		18:30 - 19:00	
	FLOATFIT HIIT	Pool	19:00 - 19:30		20:00 - 20:30		19:15 - 19:45	11:00 - 11:30

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA, PILATES & ZEN	BODYBALANCE	Body Studio	18:30 - 19:30		20:30 - 21:30		10:00 - 11:00	
	MINDFULNESS MEDITATIE	Zen Studio		18:30 - 19:00	08:30 - 09:00			
	HATHA YOGA	Zen Studio	20:30 - 21:30				11:00 - 12:00	
	ASHTANGA YOGA	Zen Studio		19:00 - 20:00	09:00 - 10:00	19:30 - 21:00		
	YIN YOGA	Zen Studio				21:00 - 22:00		11:00 - 12:30
	HOT YOGA	Zen Studio			19:00 - 20:30		19:00 - 20:30	
	PILATES	Zen Studio Body Studio		09:30 - 10:30 (Zen Studio)	11:00 - 12:00	18:30 - 19:30 (Zen Studio)	09:30 - 10:30 (Body Studio)	

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
FUNCTIONAL & CROSS	CROSS TRAINING	Fitness Outdoor	19:30 - 20:30	19:30 - 20:30	20:00 - 21:00	19:30 - 20:30	19:30 - 20:30	11:00 - 12:00	11:30 - 12:30
	SYNRGY TRAINING	Fitness	10:00 - 10:30		19:30 - 20:00	10:00 - 10:30	10:30 - 11:00	10:30 - 11:00	11:00 - 11:30
	TRIGGERPOINT	Zen Studio Fitness		19:00 - 19:30 (Fitness)					09:20 - 09:50 (Zen Studio)

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
ALLROUND & COMPLETE	FLEX 2 MOVE	Cross Studio	09:00 - 10:00			09:00 - 10:00	09:30 - 10:30		
	FLOATFIT BALANCE	Pool	19:30 - 20:00		20:30 - 21:00		19:45 - 20:15	11:30 - 12:00	
	FREESTYLE TONING	Body Studio						11:00 - 11:45	
	AQUAGYM	Pool	10:00 - 11:00 20:00 - 21:00	10:00 - 11:00	10:00 - 11:00 19:00 - 20:00	10:00 - 11:00	10:00 - 11:00		10:00 - 11:00
	RUGSCHOOL	Zen Studio		10:30 - 11:30 20:00 - 21:00	10:00 - 11:00				10:00 - 11:00

Reservations are mandatory for all group fitness classes. You can book via the screens in the club or online at 'sports.thermae.com'. Please be present 5 minutes before class starts. This will allow you to set up your materials and start on time.