

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
POWER & CORE	BODYPUMP	Cross Studio	18:30 - 19:30		09:30 - 10:30 20:00 - 21:00	18:00 - 19:00	09:45 - 10:45	10:00 - 11:00 12:15 - 13:15
	CX WORX	Cross Studio	19:30 - 20:00	18:45 - 19:15	19:30 - 20:00	19:00 - 19:30		11:30 - 12:00
	ABDO	Body Studio	10:00 - 10:30		10:30 - 11:00	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		20:00 - 21:00	19:00 - 20:00		11:00 - 12:00	
	BODYCOMBAT	Cross Studio	20:15 - 21:15			19:30 - 20:30		
	SH'BAM	Body Studio	19:30 - 20:15 20:30 - 21:15	19:30 - 20:15				10:00 - 10:45 11:00 - 11:45
	BODYJAM	Body Studio		19:00 - 20:00		19:00 - 20:00		
	SWISSJUMP	Body Studio		20:00 - 20:45				
	RPM	Cycling Studio	19:30 - 20:15	09:30 - 10:15		09:30 - 10:15 19:00 - 19:45		
	INDOOR CYCLING	Cycling Studio		19:00 - 19:45	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				11:00 - 11:30
	GRIT STRENGTH	Cross Studio		19:30 - 20:00				
	SPRINT	Cycling Studio		19:30 - 20:00		18:30 - 19:00		
	FLOATFIT HIIT	Pool	19:00 - 19:30	19:00 - 19:30			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			09:45 - 10:45 11:00 - 12:00	
	MINDFULNESS MEDITATIE	Zen Studio		18:30 - 19:00	09:00 - 09:30			
	HATHA YOGA	Zen Studio	20:00 - 21:00				11:00 - 12:00	
	ASHTANGA YOGA	Zen Studio		19:00 - 20:00	09:30 - 10:30	19:30 - 21:00		
	YIN YOGA	Zen Studio			19:00 - 20:30 (Pranayama & Yin)	21:00 - 22:00		11:00 - 12:30
	PILATES	Zen Studio Body Studio		09:30 - 10:30 (ZS)	11:00 - 12:00 (BS)	18:30 - 19:30 (ZS)	09:30 - 10:15 (BS) 10:30 - 11:15 (BS)	

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FUNCTIONAL & CIRCUIT	FUNCTIONAL TRAINING	Fitness Outdoor		20:00 - 21:00	20:00 - 21:00		10:00 - 11:00 11:45 - 12:45	11:45 - 12:45
	SYNRGY CIRCUIT	Fitness	10:30 - 11:00	20:00 - 20:45	10:00 - 10:30	10:30 - 11:15	11:00 - 11:45	11:00 - 11:45

		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		
	AQUAGYM	Pool	10:00 - 11:00 11:00 - 12:00 20:00 - 21:00	10:00 - 11:00 20:00 - 21:00	10:00 - 11:00	10:00 - 11:00 11:00 - 12:00		11:00 - 12:00
	FLOATFIT BALANCE	Pool	19:30 - 20:00	19:30 - 20:00			11:30 - 12:00	
	RUGSCHOOL	Zen Studio		10:30 - 11:30 20:00 - 21:00	10:30 - 11:30			10:00 - 11:00

Reservations are mandatory for all group fitness classes. You must book online at 'sports.thermae.com'. Booking in the club is not possible.

Respect all markings on the floor and keep social distance.

Please be present 5 minutes before class starts. This will allow you to set up your materials and start on time.

No waiting upstairs in front of the Zen Studio. Please wait downstairs until the teacher picks you up. Shoes are to be left in the rack downstairs.