

		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 WORK	Cross Studio	19:30 - 20:00	19:30 - 20:00	10:00 - 10:30 19:30 - 20:00		19:00 - 19:30		11:00 - 11:30
	ABDO	Body Studio		09:00 - 09:30			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 Body Studio		20:15 - 21:15 (Body Studio)		19:30 - 20:30 (Cross Studio)		11:00 - 12:00 (Cross Studio)	
	BODYCOMBAT	Cross Studio	20:30 - 21:30			19:45 - 20:45			
	SH'BAM	Body Studio	19:30 - 20:15		19:30 - 20:15			10:00 - 10:45	
	BODYJAM	Body Studio				19:30 - 20:30			
	SWISS JUMP	Cross Studio		20:30 - 21:15		20:30 - 21:15			
	RPM	Cycling Studio	19:45 - 20:30	09:30 - 10:15		19:30 - 20:15	09:30 - 10:15 19:15 - 20:00	10:00 - 10:45	
	INDOOR CYCLING	Cycling Studio	19:15 - 19:45 (Easy Cycle)	19:45 - 20:45	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			
	GRIT PLYO NEW	Cross Studio	20:00 - 20:30		19:00 - 19:30			
	SPRINT	Cycling Studio		19:00 - 19:30	18:30 - 19:00	19:00 - 19:30		
	FLOATFIT HIIT	Pool	19:00 - 19:30			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				08:00 - 08:45	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 NEW	Zen Studio			19:00 - 20:00		18:30 - 20:00	
	PILATES	Zen Studio Body Studio		09:30 - 10:30 (Zen Studio)	11:00 - 12:00 (Zen Studio)	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		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	19:30 - 20:00	10:00 - 10:30	10:30 - 11:00	10:30 - 11:00	11:00 - 11:30
	TRIGGERPOINT NEW	Zen Studio	19:00 - 19:30						09:20 - 09:50 13:00 - 13:30

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
ALLROUND & COMPLETE	LESMILLS TONE	Body Studio		19:30 - 20:15				11:00 - 11:45	
	FLEX 2 MOVE	Cross Studio	09:00 - 10:00			09:00 - 10:00	09:30 - 10:30		
	FLOATFIT BALANCE	Pool	19:30 - 20:00				19:45 - 20:15	11:30 - 12:00	
	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.

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.