



| | Maandag | Dinsdag | Woensdag | Donderdag | Vrijdag | Zaterdag | Zondag |
|---|--|---|---|---|---|--------------------------|----------------------------|
| Individuele training | | | | | | | |
| Cardio Fitness / Milon Cirkel / SYNRGY | 08.00-22.00 | 08.00-22.00 | 08.00-22.00 | 08.00-22.00 | 08.00-20.00 | 08.30-13.30 | 08.30-13.30 |
| Kinesis (op afspraak) | 14.15-14.45 18.30-19.00 19.00-19.30 | 19.30-20.00 20.00-20.30 | 10.30-11.00 19.15-19.45 | 13.30-14.00 18.30-19.00 | | 11.00-11.30 | |
| SYNRGY Functional 15' | 17.00-17.15 | 17.00-17.15 | 17.00-17.15 | 17.00-17.15 | 17.00-17.15 | | 12.00-12.15 |
| Spierversterkende training | | | | | | | |
| CORE® zaal 2 | | 20.00-20.30 | 19.30-20.00 zaal 1 | 20.00-20.30 | | 10.00-10.30 | |
| YOGA® (body&mind) zaal 1 | | | 20.00-21.00 | | | | 10.45-11.45 zaal 2 |
| Hatha Yoga (body&mind) zaal 1 | | | | 20.30-21.30 | | | |
| Vinyasa Yoga (body&mind) zaal 1 | 18.30-19.30 | | | | | | |
| Ground Control Pilates zaal 1 | 10.30-11.30 | 20.30-21.30 | 18.15-19.15 | 10.00-11.00 | 10.00-11.00 | | |
| POWER® zaal 2 | 18.30-19.30 | 9.00-10.00 19.00-20.00 | 20.30-21.30 | 19.00-20.00 | | 09.00-10.00 | |
| Tai Chi Qigong (body&mind) zaal 1 | 20.45-21.45 | | | | | | |
| Conditionele training | | | | | | | |
| BATTLE® zaal 2 | 19.30-20.30 | | | | | | |
| Zumba® zaal 2 | 20.30-21.15 | 18.00-18.45 | 18.45-19.30 | | 09.15-10.00 | 10.30-11.15 | |
| Spinning zaal 3 | 09.00-09.45 18.15-19.00 19.15-20.00 20.30-21.15 | 19.30-20.15 20.30-21.15 | 09.00-09.45 18.30-19.15 20.00-20.45 | 09.00-09.45 19.00-19.45 20.00-20.45 | 09.00-09.45 17.00-17.45 | 9.00-9.45 10.00-10.45 | 09.30-10.15 10.30-11.15 |
| Conditioneel en spierversterkende training | | | | | | | |
| Bodyshape, zaal 1 | 19.30-20.30 | 20.30-21.30* zaal 2 *NIEUW m.i.v. 24/10 | 10.00-11.00 | 13.30-14.30 | | | |
| XCO®, zaal 2 | 9.00-9.45 | | 9.00-9.45 18.00-18.45 | 20.30-21.15 | 17.15-18.00* *m.i.v. 20/10: 17.30-18.15 | | 10.00-10.45 |
| Zumba® BBB, zaal 2 | | 10.30-11.30 | | 09.30-10.30 | | | |
| Step 'n Dance, zaal 2 | | | 19.30-20.30 | | | | |
| Buitenactiviteiten | | | | | | | |
| Nordic Walking | | | | | 09.00-10.15 recreatief | 10.00-11.15 sportief | |
| BOOTCAMP Easy Bootcamp | 19.30-20.30 | | | 18.15-19.15 Easy Bootcamp | | 9.30-10.30 | |
| Senior Vitaal training | | | | | | | |
| Senior CardioGym fitnesszaal/zaal 1 | 13.30-14.30 | | | 10.30-11.30 | | | |
| Senior SYNRGY Fitnesszaal | 10.15-11.15 | 10.00-11.00 | 10.30-11.30 | 9.00-10.00 13.00-14.00 | | | |
| Senior Spinning zaal 3 | | | | 09.00-09.45 | | | |
| Senior Nordic Walking buiten | | | | | 09.00-10.15 recreatief | | |
| Gratis faciliteiten voor leden | | | | | | | |
| Kinderopvang 0-4 jaar | 08.30-11.30 | 08.30-11.30 | 08.30-11.30 | 08.30-11.30 | 08.30-11.30 | | |
| Sauna | 10.00-22.00 gemengd | 10.00-22.00 gemengd | 10.00-22.00 dames | 10.00-22.00 gemengd | 10.00-19.30 gemengd | 09.30-13.00 gemengd | 09.30-13.00 gemengd |