

# SPORTSEREEN

| Februari 2019                                   | MAAN-DAG                         | DINS-DAG                         | WOENS-DAG                        | DONDER-DAG                       | VRIJ-DAG                   | ZATER-DAG                        | ZON-DAG                      |
|---|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------|----------------------------------|------------------------------|
| CORE - CHALLENGE<br>30 min                      | 08.30<br>20.00                   | 08.30<br>20.00                   | 08.30<br>20.00                   | 08.30<br>20.00                   | 08.30<br>20.00             |                                  |                              |
| CIRCUITTRAINING<br>30 min.                      | 09.00<br>10:30<br>19.30<br>20.30 | 09.00<br>10:30<br>19.30<br>20.30 | 09.00<br>10:30<br>19.30<br>20.30 | 09.00<br>10:30<br>19.30<br>20.30 | 09.00<br>10:30<br>19.30    |                                  | 09.45                        |
| CONDITIETRAINING High<br>30 min.<br>Low<br>High | 09.30<br>10:00<br>21.00*         | 09.30<br>10:00                   | 09.30<br>10:00                   | 09.30<br>10:00                   | 09.30<br>10:00             |                                  | 10.30                        |
| FATBURN   |                                  | 14.00                            |                                  |                                  |                            |                                  |                              |
| SHAPE   |                                  | 18.00                            | 18.00                            | 19.00                            | 19.00                      |                                  |                              |
| AERO SHAPE                                      | 19.00*                           |                                  |                                  |                                  |                            |                                  |                              |
| STEP SHAPE                                      | 14.00                            |                                  | 19.00                            |                                  | 18.00                      |                                  |                              |
| STEP FREESTYLE                                  | 20.30                            |                                  |                                  |                                  |                            | 11.00*                           |                              |
| STEP CLUBJOY                                    |                                  |                                  |                                  |                                  |                            |                                  | 11.00                        |
| PILATES   | 11.00                            |                                  |                                  | 11.00<br>19.00*                  |                            |                                  |                              |
| YOGA CLUBJOY                                    |                                  |                                  | 11.00                            | 20.30                            |                            |                                  | 09.30                        |
| YOGA hatha                                      |                                  | 11.00                            | 20.30                            | 13.00                            |                            |                                  |                              |
| POWER CLUBJOY                                   | 20.00*                           | 19.00*                           |                                  | 09.00*<br>18.00                  |                            |                                  |                              |
| STRONG by Zumba                                 |                                  |                                  |                                  |                                  | 19.00*                     |                                  |                              |
| ZUMBA   | 19.00                            | 19.00                            |                                  |                                  |                            |                                  | 12.00                        |
| CYCLE CLUBJOY                                   | 09.00*                           | 20.00*<br>21.00*                 | 20.00*<br>21.00*                 | 20.00*<br>21.00*                 | 11.00*<br>20.00*<br>21.00* |                                  | 9.00 start<br>10.00<br>11.00 |
| XCORE   |                                  | 20.30                            | 19.00*                           |                                  |                            |                                  |                              |
| LIFESTYLE                                       | 10.00                            | 10.00                            | 10.00                            | 10.00                            | 10.00                      |                                  |                              |
| BOX Training                                    |                                  |                                  |                                  |                                  | 20.30                      |                                  |                              |
| STREETDANCE 5-7                                 |                                  |                                  |                                  |                                  |                            | 11.00                            |                              |
| STREETDANCE<br>8 t/m 10 JAAR                    |                                  |                                  |                                  |                                  |                            | 10.00                            |                              |
| TIENERFITNESS<br>11 t/m 15 JAAR                 |                                  |                                  | 16.00 /<br>18.00                 |                                  | 19.00 /<br>21.30           | 09.30 /<br>11.00                 | 8.30 /<br>14.00              |
| FREESTYLE 11-15                                 |                                  |                                  |                                  |                                  |                            | 09.00                            |                              |
| AQUAROBICS                                      | 19.00                            |                                  |                                  |                                  |                            |                                  |                              |
| AQUA FIT  |                                  | 10.00<br>11.00                   |                                  | 10.00                            |                            |                                  |                              |
| ABC Zwemles                                     |                                  | 15.00<br>16:00<br>17:00          |                                  | 15:00<br>16:00<br>17:00          |                            | 09:00<br>10:00<br>11:00<br>12:00 |                              |
| Peutersurvival                                  |                                  | 09:00                            |                                  | 09:00<br>11.15                   |                            |                                  |                              |

\* Zaal met de fietsen

Faciliteiten : Fitness, Cardio, Groepslessen, Squash, Zwemmen, Sauna's, Zonnen etc

Tijdens de rood gemarkeerde activiteiten kan er niet vrij worden gezwommen.

Geopend: maandag t/m vrijdag 7.00 tot 23.00 uur, zaterdag en zondag 8.30 tot 17.00 uur

**Blauwenburcht 3, Huissen, 026-3250928, Info: [www@sportsereen.nl](http://www@sportsereen.nl)**