

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
POWER & CORE	<b>BODYPUMP</b> <small>LES MILLS</small>	<i>Cross Studio</i>	17:40 - 18:40 19:30 - 20:30	17:40 - 18:40	09:30 - 10:30 20:10 - 21:10	20:00 - 21:00	17:00 - 18:00	09:50 - 10:50
	<b>LES MILLS CORE</b> <small>LES MILLS</small>	<i>Cross Studio</i>	18:50 - 19:20	18:50 - 19:20	19:30 - 20:00			11:40 - 12:10
	<b>ABDO</b>	<i>Cross Studio</i>		09:20 - 09:50		17:30 - 18:00	09:00 - 09:30	12:10 - 12:40
	<b>POWER PILATES</b>	<i>Harmony Studio</i>	09:00 - 09:50	19:00 - 19:45		09:00 - 09:50		

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CARDIO & AEROBIC	<b>BODYATTACK</b> <small>LES MILLS</small>	<i>Cross Studio</i>			18:50 - 19:50			
	<b>BODYCOMBAT</b> <small>LES MILLS</small>	<i>Cross Studio</i>	20:30 - 21:30			18:10 - 19:10		
	<b>LES MILLS DANCE</b> <small>LES MILLS</small>	<i>Harmony Studio</i>	19:30 - 20:15		12:30 - 13:15 19:30 - 20:15	19:10 - 19:55		10:00 - 10:45
	<b>BODYJAM</b> <small>LES MILLS</small>	<i>Harmony Studio</i>		20:10 - 21:10			11:00 - 12:00	
	<b>SWISS JUMP</b>	<i>Harmony Studio</i>		18:00 - 18:45	09:30 - 10:15			
	<b>RPM</b> <small>LES MILLS</small>	<i>Cycling Studio</i>		09:30 - 10:15 18:40 - 19:25			09:40 - 10:25 19:10 - 19:55	10:10 - 10:55
	<b>INDOOR CYCLING</b>	<i>Cycling Studio</i>	19:30 - 20:15		18:40 - 19:25	19:00 - 19:45		11:00 - 12:00

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HIIT	<b>GRIT CARDIO</b> <small>LES MILLS</small>	<i>Cross Studio</i>		18:50 - 19:20				11:00 - 11:30
	<b>GRIT STRENGTH</b> <small>LES MILLS</small>	<i>Cross Studio</i>	19:30 - 20:00		18:10 - 18:40			
	<b>LES MILLS SPRINT</b> <small>LES MILLS</small>	<i>Cycling Studio</i>	18:50 - 19:20	19:30 - 20:00	19:30 - 20:00		18:30 - 19:00	11:00 - 11:30

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA, PILATES & ZEN	<b>BODYBALANCE</b> <small>LES MILLS</small>	<i>Harmony Studio</i>	18:20 - 19:20		10:00 - 11:00		09:50 - 10:50	11:00 - 12:00
	<b>MINDFULNESS MEDITATIE</b>	<i>Zen Studio</i>		18:20 - 18:50	09:00 - 09:30			
	<b>HATHA YOGA</b>	<i>Zen Studio</i>	19:30 - 20:30					
	<b>ASHTANGA YOGA</b>	<i>Zen Studio</i>		18:50 - 19:50	09:30 - 10:30	18:45 - 20:15		
	<b>VINYASA YOGA</b>	<i>Zen Studio</i>				18:10 - 19:10	11:00 - 12:00	
	<b>YIN YOGA</b>	<i>Zen Studio</i>			19:15 - 20:30	20:15 - 21:45	19:10 - 20:10	11:00 - 12:30
	<b>HOT YOGA *</b>	<i>Zen Studio</i>			18:00 - 19:00			
	<b>PILATES</b>	<i>Zen Studio Harmony Studio</i>		09:20 - 10:20 Harmony Studio	10:40 - 11:30 Harmony Studio	18:00 - 19:00 Harmony Studio	09:40 - 10:40 Harmony Studio	10:00 - 11:00 Zen Studio

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FUNCTIONAL & CIRCUIT	<b>CROSS TRAINING</b>	<i>Fitness Outdoor</i>	19:30 - 20:30	19:00 - 20:00	20:10 - 21:10	20:00 - 21:00	19:10 - 20:10	11:00 - 12:00
	<b>SYNRGY CIRCUIT</b>	<i>Fitness</i>	10:10 - 10:40			09:20 - 09:50	10:50 - 11:20	10:20 - 10:50

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ALLROUND & COMPLETE	<b>FLEX2 MOVE</b>	<i>Cross Studio</i>	09:00 - 10:00					
	<b>AQUAGYM</b>	<i>Pool</i>	10:00 - 11:00 20:00 - 21:00	10:30 - 11:30 20:00 - 21:00	09:30 - 10:30 20:00 - 21:00	10:00 - 11:00	9:40 - 10:25	11:00 - 12:00
	<b>RUGSCHOOL</b>	<i>Zen Studio</i>	18:20 - 19:20	10:30 - 11:30 20:00 - 21:00	10:40 - 11:40	11:30 - 12:30		09:50 - 10:50



**Reservations are mandatory for all group fitness classes. You must book online at 'http://sports.thermae.com' or via the MyClubPlanner app. Booking in the club is not possible.**

**Minimum occupancy for classes is 3 participants. Classes with less than 3 reservations 90 minutes before start are automatically canceled**

**\*During hot weather the Hot Yoga classes will be replaced by Power Yoga in an unheated room.**

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

