

### Monday

16.00 - 16.50	HIT	Garvey	Training hall 2
17.00 - 17.50	Insanity	Garvey	Training hall 1
18.00 - 18.50	Zumba	Priscilla	Training hall 2
18.00 - 18.50	Indoor Cycling	Johan	Training hall 3
18.30 - 19.45	Hatha Yoga	Harvinder	Sport studio
19.00 - 19.50	Bootcampus*	Priscilla	Outdoor
19.00 - 20.20	Kickboxing**	Pierre	Training hall 1

### Thursday

17.00 - 17.50	Power pump	Brigitte	Training hall 2
18.00 - 18.50	Steps	Brigitte	Training hall 1
18.30 - 19.50	Brazilian Jiu Jitsu	Daniel	Dojo
19.00 - 19.50	HIT	Rosan	Training hall 2
19.30 - 20.45	Restorative Yoga	Harvinder	Sport studio
20.30 - 21.50	Naginata	Mark	Training hall 2
20.30 - 21.50	Brazilian Jiu Jitsu	Daniel	Dojo

### Tuesday

12.00 - 12.50	Bootcampus*	Eri	Outdoor
15.30 - 16.20	Pilates	Samira	Training hall 1
16.30 - 17.20	Zumba	Samira	Training hall 2

### Friday

12.00 - 12.50	Zumba	Samira	Training hall 1
13.00 - 13.50	Bootcampus*	Eri	Outdoor

### Wednesday

12.00 - 12.50	Indoor cycling	Samantha	Training hall 3
16.00 - 16.50	Aerobics BBB	Samira	Training hall 1
16.30 - 17.50	Judo	Cas	Dojo
17.00 - 17.50	BodyToning BBB	Samira	Training hall 2

### Saturday

12.00 - 13.00	Flow Yoga	Bianca	Sport studio
12.00 - 13.50	Brazilian Jiu Jitsu	Daniel	Dojo
13.00 - 13.50	STRONG Nation	Priscilla	Training hall 1
14.00 - 14.50	Indoor cycling	Johan	Training hall 3

### Sunday

12.00 - 13.20	Boxing**	Marc	Training hall 1
---------------	----------	------	-----------------

\* Meeting spot Bootcampus @Erasmus Sport Terrace

\*\* Bringing your own equipment (e.g. boxing gloves) is mandatory