

## STUDIO 1

## STUDIO 2





















## SPINNING

## FITNESS


## CAGE

## SQUASH

























## MAANDAG

|   |   |   |                             |                                   |                                   |
|---|---|---|-----------------------------|-----------------------------------|-----------------------------------|
| 9:15 - 10:00 XCO TRAINER    | 9:15 - 10:15 TAJ JI QI GONG   | 10:15 - 11:00 RPM   | 9:00 - 9:15 CORE TRAINING   | 7:30 - 8:00 FUNCTIONAL TRAINING   |                                   |
| 10:30 - 11:30 TBW           | 10:30 - 11:30 PILATES         |   | 10:00 - 10:15 CORE TRAINING | 11:00 - 11:30 FUNCTIONAL TRAINING |                                   |
| 18:00 - 19:00 ZUMBA         | 16:00 - 17:00 JUDO 3*-4 jr  |   |                             | 14:00 - 14:30 FUNCTIONAL TRAINING |                                   |
| 19:00 - 20:00 BODYPUMP      | 17:00 - 18:00 JUDO 5-7 jr   |   |                             | 16:30 - 17:00 FUNCTIONAL KIDS     |                                   |
| 20:00 - 20:45 XCO TRAINER   | 18:00 - 19:00 JUDO 8+ jr  | 20:15 - 21:00 RPM   | 19:00 - 19:15 CORE TRAINING |                                   | 17:00 - 18:00 KIDS SQUASH 7-12 jr |
|   | 20:15 - 21:15 BODY BALANCE    |   | 20:00 - 20:15 CORE TRAINING | 21:00 - 21:30 FUNCTIONAL TRAINING |                                   |

















## DINSDAG

|   |   |  |                             |                                   |  |
|---|---|--|-----------------------------|-----------------------------------|--|
| 9:15 - 10:15 BODYPUMP         | 9:15 - 10:15 BODY BALANCE         |  | 9:00 - 9:15 CORE TRAINING   | 7:30 - 8:00 FUNCTIONAL TRAINING   |  |
| 10:30 - 11:30 TBW             | 10:15 - 11:00 PEUTERGYM 2-3 jr  |  | 10:00 - 10:15 CORE TRAINING | 11:00 - 11:30 FUNCTIONAL TRAINING |  |
| 16:15 - 18:45 DANSSCHOOL v.a. 9 jr  |   |  |                             | 14:00 - 14:30 FUNCTIONAL TRAINING |  |
| 19:00 - 20:00 XCO TRAINER     | 18:45 - 20:00 DYNAMIC FLOW YOGA   |  | 19:00 - 19:15 CORE TRAINING |                                   |  |
| 20:00 - 20:30 GRIT STRENGTH   | 20:15 - 21:30 YIN YOGA            | 20:00 - 21:00 SPINNING   | 20:00 - 20:15 CORE TRAINING | 21:00 - 21:30 FUNCTIONAL TRAINING |  |










## WOENSDAG

|   |   |  |                             |                                   |  |
|---|---|--|-----------------------------|-----------------------------------|--|
| 9:15 - 10:00 XCO TRAINER      | 9:15 - 10:15 BBB/MAMA YOGA    | 10:15 - 11:15 SPINNING   | 9:00 - 9:15 CORE TRAINING   | 7:30 - 8:00 FUNCTIONAL TRAINING   |  |
| 10:15 - 10:45 GRIT STRENGTH   | 10:30 - 11:45 YOGA            |  | 10:00 - 10:15 CORE TRAINING | 11:00 - 11:30 FUNCTIONAL TRAINING |  |
| 11:00 - 11:45 PEUTERGYM 2-3 jr  | 13:00 - 14:00 50+ YOGA        |  |                             | 14:00 - 14:30 FUNCTIONAL TRAINING |  |
| 15:00 - 16:00 BREAKDANCE 6-12 jr  | 15:00 - 16:00 JUDO 3*-4 jr  |  |                             | 16:30 - 17:00 FUNCTIONAL KIDS     |  |
| 18:15 - 19:00 XCO TRAINER     | 16:00 - 17:00 JUDO 5-6 jr   | 19:00 - 19:45 RPM        | 19:00 - 19:15 CORE TRAINING |                                   |  |
| 19:00 - 20:00 ZUMBA           | 17:00 - 18:00 JUDO 7-10 jr  |  | 20:00 - 20:15 CORE TRAINING | 21:00 - 21:30 FUNCTIONAL TRAINING |  |
| 20:00 - 21:00 BODYPUMP        | 19:00 - 20:15 ZWNGRSCHPYOGA   |  |                             |                                   |  |
|   | 20:15 - 21:15 PILATES         |  |                             |                                   |  |









## DONDERDAG

|  |   |  |                             |                                   |  |
|--|---|--|-----------------------------|-----------------------------------|--|
| 9:15 - 10:15 PILATES          | 9:30 - 10:30 TAJ JI QI GONG   |  | 9:00 - 9:15 CORE TRAINING   | 7:30 - 8:00 FUNCTIONAL TRAINING   |  |
| 10:30 - 11:30 BODYPUMP     |   |  | 10:00 - 10:15 CORE TRAINING | 11:00 - 11:30 FUNCTIONAL TRAINING |  |
| 16:15 - 19:00 DANSSCHOOL v.a. 9 jr   | 17:00 - 18:00 JUDO 3*-6 jr  |  |                             | 14:00 - 14:30 FUNCTIONAL TRAINING |  |
| 19:00 - 19:45 BODYPUMP     | 18:00 - 19:00 JUDO 7-10 jr  | 19:00 - 20:00 SPINNING   | 19:00 - 19:15 CORE TRAINING |                                   |  |
| 20:00 - 21:00 BODY BALANCE    | 19:00 - 20:00 JUDO WEDSTRIJDTR.   |  | 20:00 - 20:15 CORE TRAINING | 21:00 - 21:30 FUNCTIONAL TRAINING |  |
| 21:00 - 21:30 GRIT STRENGTH    | 20:00 - 21:30 JUDO VOLWASSENEN  |  |                             |                                   |  |














## VRIJDAG

|  |  |   |                             |                                   |  |
|--|--|---|-----------------------------|-----------------------------------|--|
| 9:00 - 10:00 BODYPUMP    | 9:00 - 10:00 ZWNGRSCHPYOGA   | 10:15 - 11:00 RPM   | 9:00 - 9:15 CORE TRAINING   | 7:30 - 8:00 FUNCTIONAL TRAINING   |  |
| 10:00 - 10:45 XCO TRAINER    | 10:00 - 10:45 ZUMBA GOLD     |   | 10:00 - 10:15 CORE TRAINING | 11:00 - 11:30 FUNCTIONAL TRAINING |  |
| 11:00 - 11:30 GRIT CARDIO    | 11:00 - 12:15 YOGA           |   |                             | 14:00 - 14:30 FUNCTIONAL TRAINING |  |
| 11:30 - 12:00 PEUTERGYM 2-3 jr   | 16:00 - 17:00 JUDO 3*-4 jr   |   |                             | 16:30 - 17:00 FUNCTIONAL KIDS     |  |
| 16:00 - 20:00 DANSSCHOOL v.a. 9 jr   | 17:00 - 18:00 JUDO 5-6 jr  | 18:00 - 18:45 RPM   | 19:00 - 19:15 CORE TRAINING |                                   |  |
| 20:00 - 21:00 POWER YOGA    | 18:00 - 19:00 JUDO 6-8 jr  |   | 20:00 - 20:15 CORE TRAINING | 21:00 - 21:30 FUNCTIONAL TRAINING |  |
|  | 19:00 - 20:00 JUDO 9+ jr   |   |                             |                                   |  |

## ZATERDAG

|   |                           |   |                             |                                   |  |
|---|---------------------------|---|-----------------------------|-----------------------------------|--|
| 9:00 - 10:00 BODYPUMP       | 9:00 - 10:00 JUDO 3*-4 jr | 10:15 - 11:15 RPM   | 9:00 - 9:15 CORE TRAINING   |                                   |  |
| 10:15 - 11:00 XCO TRAINER   | 10:00 - 11:00 JUDO 4-5 jr |   | 10:00 - 10:15 CORE TRAINING | 11:00 - 11:30 FUNCTIONAL TRAINING |  |
| 11:15 - 12:15 KICKFIT       | 11:00 - 12:00 JUDO 5-6 jr |   |                             | 14:00 - 14:30 FUNCTIONAL TRAINING |  |
| 13:15 - 17:00 DANSSCHOOL v.a. 9 jr  | 12:00 - 13:00 JUDO 7-9 jr |   |                             |                                   |  |

## ZONDAG

|  |  |   |                               |                                   |  |
|--|--|---|-------------------------------|-----------------------------------|--|
| 9:30 - 10:00 GRIT CARDIO     | 9:45 - 10:45 PILATES   | 9:00 - 10:00 SPINNING   | 9:00 - 9:15 CORE TRAINING     |                                   |  |
| 10:00 - 11:00 BODYPUMP     | 11:00 - 12:00 JUDO 4-5 jr  |   | 9:45 - 10:45 KIDSFIT 4*-7 jr  | 11:00 - 11:30 FUNCTIONAL TRAINING |  |
| 11:00 - 12:00 BODY BALANCE    | 12:00 - 13:00 JUDO 6-7 jr  |   | 10:00 - 10:15 CORE TRAINING   | 12:00 - 12:30 FUNCTIONAL KIDS     |  |
| 12:00 - 13:00 KICKBOKSEN     | 13:00 - 14:00 JUDO 8-11 jr   |   | 10:45 - 11:45 KIDSFIT 8-12 jr | 14:00 - 14:30 FUNCTIONAL TRAINING |  |

Doe ook mee met de outdoor  
Bootcamp en/of Running  
in 6weekse cursus.  
Meer info op [www.westvliet.nl](http://www.westvliet.nl)