

Opening hours 2019 Sports

MONDAY

- 11:30 - 15.00 Fitness
- 18:00 - 21:30 Fitness
- 19:30 - 20:15 Boxing skills

TUESDAY

- 08:30 - 12:30 Fitness
- 11:00 - 15:30 Sporting for seniors
- 18:00 - 21:30 Taekwondo (by Ata Olympic)
- 18:00 - 21:30 Fitness
- 19:30 - 20:30 Powerpump
- 19:30 - 20:30 Aquarobics

WEDNESDAY

- 10:00 - 11:00 Gym for toddlers
- 13:00 - 21:30 Fitness
- 17:00 - 22:00 Basketball (by Divine)
- 19.00 - 19.45 Cardio Boost
- 20:00 - 21:00 Powerdance

THURSDAY

- 11:30 - 15.00 Fitness
- 17:30 - 19:00 Basketball (by Divine)
- 18:00 - 21:30 Fitness
- 19:15 - 20.00 Aqua Kickboxing
- 21:05 - 22:05 Badminton

FRIDAY

- 08:30 - 12:30 Fitness
- 10.30 - 11.30 Fresh Friday Workout
- 18:00 - 21:30 Taekwondo (by Ata Olympic)
- 18:00 - 21:30 Fitness

SATURDAY

- 09:30 - 14:30 Fitness
- 10:00 - 11:00 Gym for toddlers
- 10:30 - 11:30 Crosstraining

SUNDAY

- 09:30 - 14:30 Fitness
- 10.30 - 11.30 Boksfit



Oostervant

GEEFT KLEUR AAN JE WERELD

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