

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SWEAT 08:00-08:45 Nathalie Struwer	FIGHT - OLDSCHOOL ZAKTRAINING 07:00-08:00 Clyde Brunswijk	FIGHT 07:00-07:45 Clyde Brunswijk	FIGHT 07:00-07:45 Fabio Perez	HEAVY SHIT - FIGHT & WEIGHTS 07:00-08:00 Virgil Sonokromo	KILLER WORKOUT 10:00-10:45 Nathalie Struwer	FIGHT - BEGINNERS TECHNIEK 10:00-11:00 Kris-Anne Mulder
SWEAT 09:00-09:45 Nathalie Struwer	FIGHT - OLDSCHOOL ZAKTRAINING 08:00-09:00 Clyde Brunswijk	FIGHT - OLDSCHOOL ZAKTRAINING 08:00-09:00 Clyde Brunswijk	FIGHT 08:00-08:45 Fabio Perez	FIGHT - BEGINNERS TECHNIEK 08:00-09:00 Virgil Sonokromo	TRAIN STATIONS 11:00-12:30 Victoire Klaassen	FIGHT 11:00-11:45 Clyde Brunswijk
FIGHT - OLDSCHOOL ZAKTRAINING 12:00-13:00 Malic Groenberg	FIGHT 12:00-12:45 Virgil Sonokromo	FIGHT 12:00-12:45 Clyde Brunswijk	FIGHT 12:00-12:45 Malic Groenberg	FIGHT 11:00-11:45 Noach Blyden	KILLER WORKOUT 11:00-11:45 Nathalie Struwer	OUTDOOR Kickboxing 12:00-13:00 Clyde Brunswijk
TRAIN STATIONS 17:15-19:45 Leah Carlin	TRAIN STATIONS 17:15-19:45 Victoire Klaassen	TRAIN STATIONS 17:15-19:45 Marc Udo	TRAIN STATIONS 17:15-19:45 Marc Udo	FIGHT 12:00-12:45 Noach Blyden	FIGHT 12:00-12:45 Fabio Perez	FIGHT - BEGINNERS TECHNIEK 12:00-13:00 Kris-Anne Mulder
SWEAT 17:00-17:45 Eloise Dack	FIGHT 17:00- 17:45 Fabio Perez	SWEAT 17:00-17:45 Eloise Dack		FIGHT 17:00-17:45 Noach Blyden	FIGHT 13:00-13:45 Fabio Perez	
FIGHT 18:00-18:45 Virgil Sonokromo	FIGHT 18:00-18:45 Fabio Perez	FIGHT 18:00-18:45 Fabio Perez	FIGHT - BEGINNERS TECHNIEK 18:00-19:00 Kris-Anne Mulder	FIGHT 18:00-18:45 Noach Blyden		
OUTDOOR Kickboxing 18.00-19.00 Fabio Perez	SWEAT 19:00-19:45 Leah Carlin	HEAVY SHIT - FIGHT & WEIGHTS 19:00-20:00 Virgil Sonokromo	FIGHT - OLDSCHOOL ZAKTRAINING 19:00-20:00 Steven Dahlberg			
FIGHT 19:00-19:45 Virgil Sonokromo	FIGHT - BEGINNERS TECHNIEK 20:00-20:45 Leah Carlin	HEAVY SHIT - FIGHT & WEIGHTS 20:00-21:00 Virgil Sonokromo				
OUTDOOR Kickboxing 19.00-20.00 Fabio Perez						
FIGHT - BEGINNERS TECHNIEK 20:00-21:00 Virgil Sonokromo						