

Training Unit

Egyptischedijk 11A
Bladel

MAANDAG

09.15 – 10.15u Heavy bag training
18.15 – 19.15u Thaiboxing jeugd
19.30 – 20.00u Core
20.00 – 21.00u Heavy bag training

DINSDAG

17.00 – 18.00u Thaiboxing jeugd
18.30 – 19.00u Crossgym techniek/kracht
19.00 – 19.30u Crossgym AMRAP
19.30 – 20.30u Thaiboxing
20.30 – 21.30u Crossgym WOD (Workout of the day)

WOENSDAG

06.30 – 07.30u Crossgym WOD
09.00 – 10.00u Crossgym WOD
18.30 – 19.00u Crossgym AMRAP
19.00 – 19.30u Crossgym circuit
19.30 – 20.00u Core
20.00 – 20.30u Heavy bag training
20.30 – 21.30u Thaiboxing

DONDERDAG

18.15 – 19.15u Thaiboxing jeugd
19.30 – 20.00u Pads training (boks/thaiboks)
20.00 – 21.00u Crossgym WOD

VRIJDAG

06.30 – 07.30u Crossgym WOD
09.00 – 10.00u Crossgym WOD
18.30 – 19.30u Crossgym WOD
19.30 – 20.30u Heavy bag training

ZATERDAG

09.00 – 10.00u Crossgym WOD
10.00 – 11.00u Crossgym outdoor
11.00 – 12.00u Thaiboxing

ZONDAG

10.00 – 11.15u Bootcamp

BODY & MIND

Markt 10
Bladel

MAANDAG

09.00 – 10.00u Pilates
10.00 – 11.15u Yin yoga

18.00 – 19.00u Power yoga
19.00 – 20.00u Pilates
20.00 – 21.15u Yin yoga

DINSDAG

09.00 – 10.00u Pilates
10.10 – 11.10u Tai Chi
13.30 – 14.30u Yoga

18.50 – 19.50u Yoga
20.00 – 21.00u Barre

WOENSDAG

09.00 – 10.00u Pilates
10.30 – 11.30u Tai Chi

18.50u – 19.50u Yoga
20.00u – 21.00u Pilates

DONDERDAG

09.00 – 10.00u Pilates
10.10 – 11.10u Yoga

18.00 – 19.00u Power yoga
19.00 – 20.00u Pilates
20.00 – 21.15u Yin yoga