

MONDAY

11:45– 12:45 sportzaal 3
BODY BALANCE

12:30– 13:30 sportzaal 4
POLE FITNESS

12:45– 13:30 sportzaal 3
BODY SHAPE

17:00– 18:00 sportzaal 3
POWER STEP

17:00– 18:00 sportzaal 4
SPINNING

18:00– 19:00 sportzaal 4
PILATES

19:00– 19:30 fitness
TEAMBEATS

19:00– 20:00 sportzaal 4
POWERPUMP

TUESDAY

11:45– 12:30 sportzaal 4
PILATES

12:30– 13:30 UT Tennispark
TENNIS ADVANCED

12:30– 13:30 sportzaal 3
BRN WORKOUT

12:40– 13:30 sportzaal 4
SPINNING

17:00– 18:00 sportzaal 4
POLE FITNESS

17:00– 18:00 campus
BOOTCAMPUS

18:00– 19:00 sportzaal 3
BODY PUMP

18:30– 19:00 fitness
TEAMBEATS

19:00– 20:00 sportzaal 3
BODY BALANCE

WEDNESDAY

12:00– 13:00 sportzaal 3
BCW (BOXING)

17:00– 18:00 sportzaal 3
BODY PUMP

17:00– 18:00 sportzaal 4
ZUMBA

18:00– 19:00 sportzaal 3
BRN WORKOUT

20:00– 20:30 fitness
TEAMBEATS

THURSDAY

12:30– 13:30 UT Tennispark
TENNIS ADVANCED

12:30– 13:30 sportzaal 3
POWERPUMP

17:00– 18:00 sportzaal 4
SPINNING

17:00– 18:00 sportzaal 3
BODYPUMP

17:00– 18:00 campus
BOOTCAMPUS

18:00– 19:00 sportzaal 3
XCORE

18:00– 19:00 sportzaal 4
BODY BALANCE

18:00– 18:30 fitness
TEAMBEATS

19:00– 20:00 sportzaal 4
KANGOO JUMPS

FRIDAY

17:00– 18:00 sportzaal 4
SPINNING

17:00– 18:00 sportzaal 3
ZUMBA

17:00–17:30 fitness
TEAMBEATS

18:00–19:00 sportzaal 4
POLE FITNESS

GROUP LESSONS

Update: 5 February 2018

MONDAY

COURSES

Course dates
P3: February 5th - April 13th

*Basic fitness has different
course periods check the
website utwente.nl/sport

TUESDAY

08:30– 09:45 dojo
YOGA BEGINNER

17:00– 18:00 sportzaal 3
TAI CHI

18:00– 19:00 UT Tennispark
TENNIS BEGINNER

WEDNESDAY

17:00– 18:00 fitness
BASIC FITNESS*

17:00– 18:00 dojo
SELF DEFENCE

THURSDAY

08:00– 09:00 dojo
TAI CHI

FRIDAY

15:30– 16:45 dojo
YOGA BEGINNER

17:00– 18:00 dojo
MEDITATION BEGINNER

18:00– 19:00 binnenbad
SWIMMING BEGINNER