

Group lessons		MAART 2025				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:30 - 13:30 SC5 XCORE	08:30 - 09:00 Building Capitoool 3.05 Morning meditation	12:30 - 13:30 SC6 BODYPUMP	12:30 13:30 Tennispark TENNIS ADVANCED	08:00 - 09:00 SC6 BODYPUMP		09:30 - 10:30 SC6 PILATES
12:30 - 13:30 SC5 FLOW PILATES	12:30 - 13:30 Tennispark TENNIS	17:00 - 17:55 SC5 XCORE	17:00 - 17:55 SC5 BODYPUMP	12:30 - 13:30 Golfclub Driene GOLF		
17:00 - 18:00 SC5 XCORE	17:00 - 17:55 SC6 BODYPUMP	17:00 - 17:55 SC6 UBATTLE	17:00 - 17:55 SC6 SPINNING	17:00 - 17:30 SC6 STRENGHT BLAST		
17:00 - 17:55 SC6 SPINNING	18:00 - 18:55 SC6 BODY BALANCE	18:00 - 18:55 SC5 BODYPUMP	18:00 - 18:55 SC6 POWER PILATES	17:30 - 18:00 SC6 POWER CORE		
18:00 - 18:55 SC6 BODYPUMP	18:15 - 18:45 Fitness FITNESS CIRCUIT	19:00 - 20:00 SC6 POLE DANCE	18:00 - 19:00 SC6 UBATTLE	18:00 - 19:30 SC6 UBATTLE		
	19.10 - 20.00 SC6 POWER PILATES		19:00 - 20:00 SC6 TABATA + POWER CORE			
			19:00 - 20:00 SC5 ZUMBA			

P2 | 11/11 - 02/02 2024/25
P3 | 03/02 - 13/04 2025
P4 | 14/04 - 24/06 2025

COURSES

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

16:45 - 18:00 Dojo
YOGA Advanced

17:00 - 18:00 Dojo
TAI CHI

12:30 - 13.30 Tennispark
TENNIS Beginner

16:00 - 17:00 Plaza
Padel
PADEL Beginner

09:00 - 10:00 Tennispark
TENNIS Beginner plus

16:00 - 17:00 Plaza
Padel
PADEL Advanced

17:00 - 18:00 Dojo
YIN YOGA

17:00 - 18:00 Dojo
TAICHI Advanced

10:00 - 11:00 Tennispark
TENNIS Advanced

17:00 - 18:00
Tennispark
TENNIS Beginner

18:00 - 19:00 SC6
POLE DANCE

10:30 - 11.30 Golfclub
Driene
GOLF Beginner

20:00 - 21:00
Tennispark
TENNIS Plus course

11:00 - 12:00 Tennispark
TENNIS Beginner

11:30 - 12:30 Golfclub
Driene
GOLF Intermediates

12:30 - 13:30 Golfclub
Driene
GOLF Advanced