

# Groepslessen

The time is Now!

## Fitness

Maandag - donderdag van 08.00 - 21.30

Vrijdag van 08.00 - 21.00

Zaterdag van 8.00 - 15.00, zondag van 8.00 - 13.30

Scholieren: werkdagen van 15.00 - 18.00

**Frits**  
**van der Werff**

Voorjaar 2022

|                                        | maandag     | zaal | dinsdag     | zaal | woensdag    | zaal | donderdag   | zaal | vrijdag     | zaal | zaterdag    | zaal | zondag     | zaal |
|----------------------------------------|-------------|------|-------------|------|-------------|------|-------------|------|-------------|------|-------------|------|------------|------|
| <b>Power</b>                           |             |      | 20.15-21.15 | 3    |             |      | 19.15-20.15 | 3    |             |      | 9.15-10.15  | 3    |            |      |
| <b>Core</b>                            |             |      | 19.45-20.15 | 3    |             |      | 18.45-19.15 | 3    |             |      | 8.45-9.15   | 3    |            |      |
| <b>Balance</b>                         | 10.00-11.00 | 3    |             |      | 20.15-21.15 | 3    |             |      | 9.00-10.00  | 7    |             |      |            |      |
|                                        | 20.30-21.30 | 7    |             |      |             |      |             |      |             |      |             |      |            |      |
| <b>Dance</b>                           | 9.15-10.00  | 3    |             |      |             |      |             |      |             |      | 9.45-10.30  | 2    |            |      |
|                                        | 19.00-19.45 | 7    |             |      |             |      |             |      |             |      |             |      |            |      |
| <b>Cardio HIIT</b>                     | 20.00-20.45 | 2    |             |      |             |      |             |      |             |      | 10.30-11.15 | 2    |            |      |
| <b>Cardio Boksen</b>                   | 20.00-20.45 | 3    |             |      | 19.15-20.00 | 3    |             |      | 10.45-11.30 | 3    | 10.30-11.15 | 3    |            |      |
| <b>Stay Fit Circuit</b>                | 11.00-11.45 | 5    |             |      | 10.00-10.45 | 5    | 10.00-10.45 | 5    | 18.15-19.00 | 5    | 12.15-13.00 | 5    |            |      |
|                                        |             |      |             |      | 19.00-19.45 | 5    |             |      |             |      |             |      |            |      |
| <b>Body Shape</b>                      | 9.00-9.45   | 2    |             |      | 9.15-10.00  | 2    |             |      | 10.00-10.45 | 2    | 10.00-10.45 | 7    |            |      |
|                                        | 19.00-19.45 | 3    |             |      | 10.15-11.00 | 2    |             |      |             |      |             |      |            |      |
| <b>Pilates mat</b>                     | 19.45-20.30 | 7    | 8.45-9.30   | 2    | 11.00-11.45 | 2    | 11.00-11.45 | 2    | 11.00-11.45 | 7    | 11.00-11.45 | 7    |            |      |
|                                        |             |      | 9.30-10.15  | 2    | 19.15-20.00 | 7    |             |      |             |      | 11.45-12.30 | 7    |            |      |
| <b>Conditietraining</b>                | 10.00-10.45 | 2    | 13.45-14.30 | 2    | 9.00-9.45   | 3    | 9.00-9.45   | 2    | 9.00-9.45   | 2    |             |      |            |      |
|                                        | 13.45-14.30 | 2    |             |      | 13.45-14.30 | 2    | 13.45-14.30 | 2    | 13.45-14.30 | 2    |             |      |            |      |
| <b>Conditietraining Heren</b>          | 19.00-19.45 | 2    |             |      |             |      |             |      |             |      |             |      |            |      |
| <b>Spinning</b>                        | 19.30-20.15 | 6    | 8.45-9.30   | 6    | 17.45-18.30 | 6    |             |      | 8.45-9.30   | 6    | 8.45-9.30   | 6    | 9.30-10.15 | 6    |
|                                        |             |      | 9.45-10.30  | 6    | 19.30-20.15 | 6    |             |      | 9.45-10.30  | 6    |             |      |            |      |
| <b>Vinyasa Yoga</b>                    |             |      |             |      |             |      |             |      |             |      | 8.45-9.45   | 7    |            |      |
| <b>Zumba</b>                           |             |      | 10.00-10.45 | 3    |             |      |             |      |             |      |             |      |            |      |
| <b>Ontbijttraining (incl. ontbijt)</b> |             |      | 6.30-8.00   | 2    |             |      |             |      |             |      |             |      |            |      |

Reservering van een les- of trainingstijd is noodzakelijk. Dat kan via de Frits van der Werff App.

# Jeugd en Budo

 **Frits  
van der Werff**  
Voorjaar 2022

|                                | maandag     | zaal | dinsdag     | zaal | woensdag    | zaal | donderdag   | zaal | vrijdag     | zaal | zaterdag    | zaal | zondag        | zaal |
|--------------------------------|-------------|------|-------------|------|-------------|------|-------------|------|-------------|------|-------------|------|---------------|------|
| <b>Tuimelen (3-4 jaar)</b>     |             |      |             |      |             |      |             |      |             |      | 8.45-9.15   | 2    |               |      |
|                                |             |      |             |      |             |      |             |      |             |      | 9.15-9.45   | 2    |               |      |
| <b>Jiu-jitsu</b>               | 20.45-21.45 | 2    |             |      | 18.45-19.45 | 2    |             |      | 19.30-21.00 | 3    |             |      | Vrij trainen* |      |
|                                |             |      |             |      | 20.00-21.00 | 2    |             |      |             |      |             |      |               |      |
| zelfverdediging                |             |      |             |      |             |      | 18.45-19.45 | 2    |             |      |             |      |               |      |
| <b>Judo</b>                    |             |      |             |      |             |      |             |      |             |      |             |      | Vrij trainen* |      |
| ouder-kind judo                |             |      |             |      |             |      |             |      |             |      |             |      | 9.15-10.00    | 2    |
|                                |             |      |             |      |             |      |             |      |             |      |             |      | 10.00-11.00   | 2    |
| 5-7 jaar                       |             |      |             |      |             |      |             |      |             |      | 11.15-12.00 | 2    |               |      |
| 7-9 jaar                       |             |      |             |      |             |      | 17.00-18.00 | 2    |             |      | 12.00-13.00 | 2    |               |      |
| 8-11 jaar                      |             |      |             |      |             |      |             |      | 16.00-17.00 | 2    |             |      |               |      |
| 10-12 jaar                     |             |      |             |      |             |      |             |      |             |      | 13.00-14.00 | 2    |               |      |
| vanaf 12 jaar                  |             |      | 17.30-18.30 | 2    |             |      |             |      | 17.00-18.00 | 2    | 14.00-15.00 | 2    |               |      |
| wedstrijd trainen (tot 12 jr)  |             |      | 16.30-17.30 | 2    |             |      |             |      |             |      |             |      |               |      |
| wedstrijd trainen (v.a. 12 jr) |             |      | 18.30-19.30 | 3    |             |      |             |      |             |      |             |      |               |      |
| senioren                       |             |      |             | 2    |             |      | 20.00-21.00 | 2    | 19.00-20.00 | 2    |             |      |               |      |
| kata training                  |             |      | 19.00-20.00 | 2    |             |      |             |      | 18.00-19.00 | 2    |             |      |               |      |
| <b>Karate</b>                  |             |      | 18.00-19.00 | 7    |             |      |             |      | 17.00-18.00 | 3    |             |      | Vrij trainen* |      |
|                                |             |      | 19.00-20.00 | 7    |             |      |             |      | 18.00-19.00 | 3    |             |      |               |      |

Reservering van een les- of trainingstijd is noodzakelijk. Dat kan via de Frits van der Werff App.

\*) Vrij trainen budo vanaf 18 jaar.

## ***Pilates reformer***

| maandag     | dinsdag     | woensdag    | donderdag   | vrijdag     | zaterdag | zondag |
|-------------|-------------|-------------|-------------|-------------|----------|--------|
| 10.15-11.15 | 10.30-11.30 | 20.15-21.15 | 9.00-10.00  | 19.00-20.00 |          |        |
| 18.30-19.30 | 11.30-12.30 |             | 10.00-11.00 | 20.00-21.00 |          |        |
| 19.30-20.30 | 13.00-14.00 |             | 11.00-12.00 |             |          |        |
| 20.30-21.30 |             |             | 12.30-13.30 |             |          |        |

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|                      | maandag                                               | dinsdag                                   | woensdag                                              | donderdag                                 | vrijdag                    | zaterdag | zondag |
|----------------------|-------------------------------------------------------|-------------------------------------------|-------------------------------------------------------|-------------------------------------------|----------------------------|----------|--------|
| <b>Aqua Balance</b>  |                                                       | 8.40-9.20<br>9.20-10.00<br>19.20-20.00    |                                                       | 8.40-9.20<br>9.20-10.00                   |                            |          |        |
| <b>Aqua Conditie</b> | 11.20-12.00                                           |                                           |                                                       |                                           |                            |          |        |
| <b>Aqua Fit</b>      | 8.40-9.20<br>9.20-10.00<br>19.20-20.00<br>20.00-20.40 |                                           | 8.40-9.20<br>9.20-10.00<br>19.20-20.00<br>20.00-20.40 |                                           | 8.40-9.20<br>9.20-10.00    |          |        |
| <b>Aqua Vitaal</b>   | 10.40-11.20                                           |                                           | 11.20-12.00                                           | 10.40-11.20                               | 10.00-10.40                |          |        |
| <b>Aqua op Maat</b>  |                                                       | 10.40-11.20<br>11.20-12.00                |                                                       | 11.20-12.00                               |                            |          |        |
| <b>Banen zwemmen</b> | 08.00-08.40<br>12.00-12.30<br>20.40-21.20             | 08.00-08.40<br>12.00-12.30<br>20.00-20.40 | 08.00-08.40<br>12.00-12.30<br>20.40-21.20             | 08.00-08.40<br>12.00-12.30<br>20.00-20.40 | 08.00-08.40<br>12.00-12.30 |          |        |

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# Buikspier- training

  
**Frits  
van der Werff**  
Voorjaar 2022

|                          | maandag     |   | dinsdag     |   | woensdag    |   | donderdag   |   | vrijdag     |   | zaterdag    |   | zondag      |   |
|--------------------------|-------------|---|-------------|---|-------------|---|-------------|---|-------------|---|-------------|---|-------------|---|
|                          | zaal        |   | zaal        |   | zaal        |   | zaal        |   | zaal        |   | zaal        |   | zaal        |   |
| <b>Buikspierkwartier</b> | 9.45-10.00  | 2 | 9.45-10.00  | 3 | 9.45-10.00  | 3 | 9.45-10.00  | 2 | 9.45-10.00  | 2 | 9.45-10.00  | 7 | 9.30-9.45   | 3 |
|                          | 10.45-11.00 | 2 | 11.00-11.15 | 3 | 11.00-11.15 | 3 | 11.00-11.15 | 3 | 10.45-11.00 | 2 | 10.45-11.00 | 7 | 11.00-11.15 | 3 |
|                          | 18.45-19.00 | 2 | 18.45-19.00 | 2 |             |   |             | 7 | 20.00-20.15 | 7 |             |   |             |   |
|                          | 19.45-20.00 | 2 | 20.00-20.15 | 7 | 20.00-20.15 | 7 |             |   |             |   |             |   |             |   |