CLASS SCHEDULE | Céramique

Book your spot now in the il fiore app or at the front desk.
Schedule may vary on public holidays and during school holidays.

This class takes place once every 4 weeks*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 09:30 Les Mills Core	**09:00 - 10:00** Les Mills Tone	**07:00 - 08:00** Flow Yoga	**09:30 - 10:30** Live Spinning	**08:00 - 09:00** Live Spinning	**08:45 - 09:30** Les Mills Dance	**08:45 - 09:15** Yoga*
09:35 - 10:35 Les Mills BodyBalance	**10:00 - 11:00** Live Spinning	**09:30 - 10:00** Les Mills Core	**10:30 - 11:00** Les Mills Core	**09:00 - 09:45** Zumba	**09:30 - 10:00** Les Mills Core	**09:30 - 10:30** Live Spinning
10:40 - 11:40 BodyMix	**10:00 - 10:45** Synergy (2nd floor)	**10:00 - 10:50** Zumba	**11:15 - 12:15** Les Mills BodyBalance	**09:45 - 10:30** Les Mills BodyPump Heavy	**10:00 - 11:00** Hyrox - Small Group	**10:00 - 11:00** Les Mills BodyPump
		11:00 - 12:00 Vitaal GYM		**10:45 - 11:45** Les Mills BodyPump	**10:15 - 11:15** Live Spinning	
16:00 - 17:15 Yin Yoga	**17:30 - 18:30** Les Mills BodyPump	**18:00 - 19:00** Live Spinning	**17:30 - 18:30** Les Mills BodyAttack	**17:30 - 19:00** Ashtanga Yoga		
17:20 - 18:20 Les Mills BodyAttack	**18:30 - 19:15** Les Mills Dance	**19:15 - 20:15** Les Mills BodyCombat	**17:30 - 18:20** Synergy (2nd floor)			
17:30 - 18:15 Synergy (2nd floor)	**19:15 - 20:15** Live Spinning	**20:30 - 21:30** Les Mills BodyBalance	**18:30 - 19:30** Les Mills BodyPump			
18:30 - 19:15 Synergy (2nd floor)			**20:00 - 21:15** Yin Yoga			
18:30 - 19:30 Les Mills BodyPump	**From 20 October**					
19:30 - 20:30 Les Mills BodyCombat	**19:15 - 20:15** Les Mills BodyPump Heavy					
20:30 - 21:30 Les Mills BodyBalance	**20:15 - 21:15** Live Spinning					

CLASS SCHEDULE | Herten

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 10:00 Les Mills BodyPump	**07:00 - 07:40** Les Mills GRIT Strength	**08:30 - 09:00** Les Mills GRIT Athletic	**09:00 - 10:00** Les Mills BodyPump	**07:00 - 07:30** Les Mills GRIT Strength	**08:00 - 09:30** Ashtanga Yoga	**09:30 - 10:15** Les Mills Core
10:00 - 10:45 Les Mills Tone	**08:45 - 09:30** Les Mills Core	**09:15 - 10:00** Les Mills Tone	**10:00 - 11:00** Les Mills BodyBalance	**08:45 - 09:15** Les Mills GRIT Athletic	**09:35 - 10:05** Les Mills GRIT Strength	**10:30 - 11:30** Les Mills BodyAttack
11:00 - 12:15 Yoga	**09:30 - 10:30** Les Mills BodyBalance	**10:15 - 11:15** Les Mills BodyPump	**11:15 - 12:15** Yin Yoga	**09:15 - 10:00** Les Mills Dance	**10:15 - 11:15** Body Combat	**11:30 - 12:30** Les Mills BodyPump
				10:15 - 11:15 Les Mills BodyBalance		
18:30 - 19:00 Les Mills GRIT Strength	**18:30 - 19:00** Les Mills GRIT Strength	**18:00 - 18:30** Les Mills GRIT Cardio	**18:30 - 19:30** Bodypower	**18:30 - 19:15** Les Mills Strength Dev.		
19:00 - 19:30 Les Mills GRIT Athletic	**19:00 - 20:00** Combat	**18:30 - 19:15** Les Mills Core	**19:30 - 20:30** Les Mills BodyAttack	**19:30 - 20:30** Les Mills BodyPump		
19:30 - 20:30 Les Mills BodyAttack	**20:00 - 21:00** Les Mills BodyBalance	**19:15 - 20:00** Les Mills BodyJam	**20:30 - 21:30** Les Mills BodyBalance			
20:30 - 21:30 Les Mills BodyPump		**20:30 - 21:00** Les Mills BodyPump				

CLASS SCHEDULE | Roermond

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						09:45 - 11:00 Heavy Bag Training
20:15 - 21:15 Shadow Boxing	**19:00 - 20:00** Cross Power	**16:00 - 17:00** Kids Fun and Boxing	**19:00 - 20:00** Cross Power	**16:00 - 17:00** Kids Cross Power		
	20:00 - 21:00 Cross Power	**19:00 - 20:00** Cross Power	**20:00 - 21:00** Cross Power	**19:00 - 20:00** Cross Power		