

BRESS TIMETABLE FROM THE 3RD OF JULY UNTIL THE 30TH OF JULY, 2017

Schedule subject to change; see website for the most actual schedule

For more information or questions: info@bress.nl



BRESS Sportcenter
Nieuwe Inslag 99
4817 GN Breda
076-5215453
info@bress.nl / www.bress.nl

OPENING HOURS

BRESS & SQUASH		FITNESS		FITNESS INSTRUCTOR	
MONDAY	09:00 – 22:30	MONDAY	09:00 – 22:00	MONDAY	17:00 – 22:00
TUESDAY	09:00 – 22:00	TUESDAY	09:00 – 22:00	TUESDAY	17:00 – 22:00
WEDNESDAY	09:00 – 23:00	WEDNESDAY	09:00 – 22:00	WEDNESDAY	17:00 – 22:00
THURSDAY	09:00 – 22:30	THURSDAY	09:00 – 22:00	THURSDAY	17:00 – 22:00
FRIDAY	09:00 – 22:00	FRIDAY	09:00 – 20:00	FRIDAY	15:00 – 20:00
SATURDAY	09:00 – 15:00	SATURDAY	09:00 – 15:00	SATURDAY	10:00 – 15:00
SUNDAY	09:00 – 15:00	SUNDAY	09:00 – 15:00	SUNDAY	10:00 – 15:00

DANCE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
19:00 20:00	BEACH FIT Ingeborg	POWER PUMP Madelène	PILATES Robert	BODYSHAPE Peter

SPORTS HALL

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
	HAL A	HAL B	HAL A	HAL B	HAL A	HAL B	HAL A	HAL B
17:00	FREE TRAINING More information at info@bress.nl				BRESS-FIT Demi	FREE TRAINING More information at info@bress.nl		
17:30								
18:00								
18:30	FUTSAL LADIES TRAINING Timothy				LADIES FUTSAL COMPETITION Timothy (until the 5 th of July)			
19:00								
19:30								
20:00								
20:30								
21:00		BADMINTON Simon	BASKETBALL Danny		FUTSAL COMPETITION Timothy (until the 5 th of July)			
21:30								
22:00								
22:30								
23:00								