

BRESS TIMETABLE AS OF THE 16TH OF OCTOBER, 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 & (SOCCER)SQUASH		FITNESS		FITNESS INSTRUCTOR	
MONDAY	09:00 – 00:00	MONDAY	09:00 – 22:00	MONDAY	17:00 – 22:00
TUESDAY	09:00 – 00:00	TUESDAY	09:00 – 22:00	TUESDAY	17:00 – 22:00
WEDNESDAY	09:00 – 00:00	WEDNESDAY	09:00 – 22:00	WEDNESDAY	17:00 – 22:00
THURSDAY	09:00 – 00:00	THURSDAY	09:00 – 22:00	THURSDAY	17:00 – 22:00
FRIDAY	09:00 – 00:00	FRIDAY	09:00 – 22:00	FRIDAY	17:00 – 22:00
SATURDAY	09:00 – 15:00	SATURDAY	09:00 – 15:00	SATURDAY	09:00 – 15:00
SUNDAY	09:00 – 15:00	SUNDAY	09:00 – 15:00	SUNDAY	09:00 – 15:00

DANCE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16:00 16:55						
17:00 17:55						
18:00 18:55	BODYSHAPE Peter	POWER PUMP Madelène	BEACHFIT Rigean			
19:00 19:55	HIT Ingeborg	BAM-A-LAM Joost	BODY & MIND Robert	DANCE WORKOUT Inge		
20:00 20:55	PILATES Robert					
21:00 21:55						

SPORTS HALL

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
	HALL A	HALL B	HALL A	HALL B	HALL A	HALL B	HALL A	HALL B
16:30	FREE TRAINING e-mail to info@bress.nl		FREE TRAINING e-mail to info@bress.nl		FREE TRAINING e-mail to info@bress.nl			
17:00								
17:30								FREE TRAINING e-mail to info@bress.nl
18:00								
18:30								
19:00	FUTSAL LADIES Timothy		SPINNING Anouk		FUTSAL COMPETITION Timothy			
19:30			ABS TRAINING Anouk	HANDBALL Bart				BASKETBALL Danny
20:00								
20:30								
21:00		BADMINTON Simon/Lex	VOLLEYBALL Claudia	BASKETBALL Danny			VOLLEYBALL Claudia FREE BADMINTON	
21:30								
22:00								
22:30								
23:00								

ADDITIONAL SPORTS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Acro Yoga						10:00 – 12:00	
Archery	For more information, visit our website						
Aerial Hoop			19:00 – 20:00				
Aerial Silk	20:00 – 22:00			19:00 – 20:00			12:00 – 13:00
Beach Footvolley				19:30 – 21:00			
Beach Tennis							10:00 – 12:00
Beach Volleyball		20:00 – 21:30	19:30 – 21:00	19:30 – 21:00			
Bootcamp/Obstacles		19:00 – 21:00		19:00 – 20:00			09:00 – 10:30
Bouldering	17:00 – 23:00	17:00 – 23:00	14:00 – 23:00	14:00 – 23:00	14:00 – 23:00	10:00 – 18:00	10:00 – 22:00
BRESS Bootcamp			19:00 – 20:30				
Ecstatic Dance	For more information, visit our website						
Fencing					20:00 – 21:00		
Golf	For more information, visit our website						
Gymnastics				21:00 – 22:00			
Hockey			20:30 – 22:00				
Horseback Riding			20:00 – 22:00	20:00 – 22:00	20:00 – 22:00		
Korfball		20:30 – 21:30		20:00 – 21:00			
Kickboxing	20:00 – 21:30		20:00 – 21:30				
Pole Dancing	19:00 – 20:00	10:00 – 11:00 19:00 – 21:00	19:00 – 20:00	20:00 – 21:00	19:00 – 21:00		11:00 – 12:00
Roller Derby	For more information, visit our website						
Rugby Men/Ladies		20:00 – 21:30		20:00 – 21:30			
Running	19:30 – 21:00			19:30 – 21:00			
Salsa Beginner	19:15 – 20:15						
Salsa Intermediate	20:15 – 21:15						
Salsa Expert	21:15 – 22:15						
Score-training	For more information, visit our website						
Self Defence	For more information, visit our website						
Sup	For more information, visit our website						
Swimming	For more information, visit our website						
Tennis	For more information, visit our website						
Trampoline Dodgeball					19:00 – 20:00		
Trampoline Jumping		13:00 – 18:00		13:00 – 18:00			
Zouk Beginner			19:15 – 20:15				
Zouk Intermediate			20:15 – 21:15				
Zouk Expert			21:15 – 22:15				

For more information about the sports offer of our sports partners, please visit our website. If you have any questions, you can drop by at the BRESS reception, send us an e-mail or give us a phone call