

# BRESS TIMETABLE AS OF THE 5<sup>TH</sup> OF FEBRUARY, 2018

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

For more information or questions: [info@bress.nl](mailto:info@bress.nl)



BRESS Sportcenter

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OPENING HOURS					
BRESS & (SOCCER)SQUASH		FITNESS		FITNESS INSTRUCTOR	
MONDAY	09:00 – 00:00	MONDAY	09:00 – 22:00	MONDAY	17:00 – 22:00
TUESDAY	07:00 – 00:00	TUESDAY	07:00 – 22:00	TUESDAY	17:00 – 22:00
WEDNESDAY	09:00 – 00:00	WEDNESDAY	09:00 – 22:00	WEDNESDAY	17:00 – 22:00
THURSDAY	07:00 – 00:00	THURSDAY	07:00 – 22:00	THURSDAY	17:00 – 22:00
FRIDAY	09:00 – 00:00	FRIDAY	09:00 – 22:00	FRIDAY	15:00 – 20:00
SATURDAY	09:00 – 20:00	SATURDAY	09:00 – 20:00	SATURDAY	10:00 – 15:00
SUNDAY	09:00 – 20:00	SUNDAY	09:00 – 20:00	SUNDAY	10:00 – 15:00

DANCE					
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
10:00 11:55					<b>ACRO YOGA</b> Elisah
17:00 17:55	<b>BODYSHAPE</b> Peter	<b>BBB-ATTACK</b> Rigean	<b>BEACHFIT</b> Rigean		
18:00 18:55	<b>BOXFIT</b> Lieke/Tessa	<b>POWER PUMP</b> Madelène	<b>LATIN WORKOUT</b> Rigean		
19:00 19:55	<b>POWER PUMP</b> Aniek	<b>HIT</b> Ingeborg	<b>CARDIO CORE MIX</b> Robert	<b>TOTAL BODY WORKOUT</b> Ingeborg	
20:00 20:55	<b>LIMITS</b> Rigean	<b>STEPS</b> Simona	<b>BODY &amp; MIND</b> Robert	<b>POWER PUMP</b> Aniek	
21:00 21:55	<b>PILATES</b> Robert	<b>YOGA BALANCE</b> Amy	<b>POWER YOGA</b> Laura	<b>BODYSHAPE</b> Peter	

SPORTS HALL										
TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY			
	HALL A	HALL B	HALL A	HALL B	HALL A	HALL B	HALL A	HALL B		
19:00	<b>FUTSAL LADIES</b> Timothy							<b>BASKETBALL</b> Danny		
19:30										
20:00										
20:30				<b>HANDBALL</b> Bart						
21:00	<b>BADMINTON</b> Sebastiaan/ Floor/Lex		<b>VOLLEYBALL</b> Kars	<b>BASKETBALL</b> Danny				<b>FUTSAL COMPETITION</b> Timothy	<b>INDOOR HOCKEY</b> Lex	<b>VOLLEYBALL</b> Kars
21:30										
22:00										

OTHER SPORTS AT BRESS					
Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
10:00 11:30					<b>JU JITSU</b> Natasha / Hara AGZ
18:00		<b>JU JITSU</b> Natasha / Hara AGZ			
18:30					
19:00					
19:30	<b>SPINNING</b> Anouk AGZ		<b>BRESS BOOTCAMP</b> Rik Outdoor	<b>RUNNING</b> Titus Outdoor	
20:00	<b>RUNNING</b> Titus Outdoor				
20:30	<b>ABS</b> Anouk AGZ				

## ADDITIONAL SPORTS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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
Diving	For more information, visit our website						
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			
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				
Lacrosse				19:45 – 21:00			
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			
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 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				

Do you want to stay up-to-date of the latest news and our events?

