

TIMETABLE

As of September 2, 2019

BRESS

MORE THAN JUST SPORTS

OPENING HOURS	MON	TUE	WED	THU	FRI	SAT	SUN
BRESS & SQUASH	08:00 00:00	07:00 00:00	08:00 00:00	07:00 00:00	08:00 00:00	09:00 15:00	09:00 15:00
FITNESS	08:00 22:00	07:00 22:00	08:00 22:00	07:00 22:00	08:00 22:00	09:00 15:00	09:00 15:00
FITNESS INSTRUCTOR	17:00 22:00	17:00 22:00	17:00 22:00	17:00 22:00	15:00 20:00	10:00 15:00	10:00 15:00
DANCE AREA	MON	TUE	WED	THU	FRI	SAT	SUN
		BBB ATTACK 17:00 - 18:00 Simona	TOPFIT 17:30 - 18:00 Alex				BODYSHAPE 09:30 - 10:30 Alex
	TOPFIT 18:30 - 19:00 Peter	STEPS 18:00 - 19:00 Simona	BODYSHAPE 18:00 - 19:00 Alex				
	BODYSHAPE 19:00 - 20:00 Peter	POWER PUMP 19:00 - 20:00 Ingeborg	CARDIO CORE 19:00 - 20:00 Robert	BOXFIT 19:00 - 20:00 Anke			
	POWER PUMP 20:00 - 21:00 Wette	BOXFIT 20:00 - 21:00 Ingeborg	BODY & MIND 20:00 - 21:00 Robert	POWER PUMP 20:00 - 21:00 Duncan			
	PILATES 21:00 - 22:00 Robert	HIPHOP 21:00 - 22:00 Simone	POWER YOGA 21:00 - 22:00 Annet				
SPORTS HALL	MON	TUE	WED	THU	FRI	SAT	SUN
	FREE TRAINING 16:30 - 19:00	FREE TRAINING 16:30 - 19:00	FREE TRAINING 16:30 - 19:00	FREE TRAINING 16:30 - 19:00	FREE TRAINING 16:30 - 23:00	FREE TRAINING 09:00 - 14:30	FREE TRAINING 09:00 - 14:30
	FUTSAL COMPETITION 19:00 - 23:00	SPINNING 19:30 - 20:30 Britt	LADIES FUTSAL 19:00 - 21:00 Timothy	BASKETBALL 19:00 - 20:30 Hubert			
		HANDBAL 19:30 - 21:00 Bart	BADMINTON 21:00 - 22:30 Floor & Sebastiaan	VOLLEYBALL 20:30 - 22:00			
		VOLLEYBALL 20:30 - 22:00 Peter					
		BASKETBALL 21:00 - 22:30 Hubert					
CHECK-IN AT BRESS	MON	TUE	WED	THU	FRI	SAT	SUN
	RUNNING 19:30 - 21:00 Titus Outdoors	BOOTCAMP 19:00 - 20:00 Sander & Jochem Outdoors	HOCKEY 20:30 - 22:00 Julia B.H.V. Push Field 6	RUNNING 19:30 - 21:00 Titus Outdoors			
	CORE ATTACK 20:30 - 21:00 Tim - Fitness	BOOTY WORKOUT 20:30 - 21:30 Eline - Fitness	CIRCUIT TRAINING 20:30 - 21:30 Peter - Fitness	FAT BURNING 20:30 - 21:30 Peter - Fitness			

For more information and the most actual timetable visit:
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TIMETABLE

As of September 2, 2019

BRESS

MORE THAN JUST SPORTS

EXTERNAL SPORTS

ACRO YOGA

AERIAL SILK

ATHLETICS

BEACH TENNIS

BEACH VOLLEYBALL

ARCHERY

BOOTCAMP & OBSTACLE

BOULDERING

DIVING

FENCING

FOOTVOLLEY

GOLF

GYMNASTICS

HIPHOP

HIPHOP FEMININE

ICE SKATING

JU JITSU

KICKBOXING

KORFBALL

POLE DANCING

ROLLER DERBY

RUGBY

RUNNING

SALSA

SUPPING

SWIMMING

TENNIS

TRAMPOLINE JUMPING

ZOUK

	MON	TUE	WED	THU	FRI	SAT	SUN
ACRO YOGA						10:00 - 12:00	
AERIAL SILK	20:00 - 21:00			19:00 - 20:00			
ATHLETICS	Visit website	Visit website	Visit website	Visit website	Visit website	Visit website	Visit website
BEACH TENNIS	Free play	Free play	Free play	19:00 - 21:00	Free play	Free play	Free play
BEACH VOLLEYBALL		19:45 - 21:15	19:30 - 21:00	19:30 - 21:00			
ARCHERY	19:30 - 22:00		19:00 - 23:30	19:00 - 20:00			11:00 - 13:00
BOOTCAMP & OBSTACLE		19:00 - 20:00		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	Visit website	Visit website	Visit website	Visit website	Visit website	Visit website	Visit website
FENCING					20:00 - 21:00		
FOOTVOLLEY	Free play	Free play	Free play	19:30 - 21:00	Free play	Free play	Free play
GOLF	Visit website	Visit website	Visit website	Visit website	Visit website	Visit website	Visit website
GYMNASTICS			20:15 - 22:15				
HIPHOP		19:30 - 20:30					
HIPHOP FEMININE		21:00 - 22:00					
ICE SKATING	10:00 - 22:00	10:00 - 22:00	10:00 - 22:00	10:00 - 22:00	10:00 - 22:00	10:00 - 16:30	10:00 - 16:30
JU JITSU	19:00 - 20:30		19:00 - 20:30		19:00 - 20:30		
KICKBOXING	20:00 - 21:30		20:00 - 21:30				
KORFBALL		20:15 - 21:30		20:00 - 21:00			
POLE DANCING	19:00 - 20:00	19:00 - 20:00	19:00 - 20:00	19:00 - 21:00			
ROLLER DERBY	Visit website	Visit website	Visit website	Visit website	Visit website	Visit website	Visit website
RUGBY		18:30 - 20:30					
RUNNING	Visit website	Visit website	Visit website	Visit website	Visit website	Visit website	Visit website
SALSA	Visit website						
SUPPING	Visit website	Visit website	Visit website	Visit website	Visit website	Visit website	Visit website
SWIMMING	Visit website	Visit website	Visit website	Visit website	Visit website	Visit website	Visit website
TENNIS	Visit website	Visit website	Visit website	Visit website	Visit website	Visit website	Visit website
TRAMPOLINE JUMPING	Visit website	Visit website	Visit website	Visit website	Visit website	Visit website	Visit website
ZOUK			Visit website				

Pay attention, some external sports may require additional costs, reservations or other conditions.
For more info and the most actual timetable visit:

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