

TIMETABLE

As of July 1, 2020



MORE THAN JUST SPORTS

WEEKDAYS

FITNESS

9.00 Reserve your spot
10.00

10.30 Reserve your spot
11.30

12.00 Reserve your spot
13.00

13.30 Reserve your spot
14.30

15.00 Reserve your spot
16.00

16.30 Reserve your spot
17.30

18.00 Reserve your spot
19.00

19.30 Reserve your spot
20.30

21.00 Reserve your spot
22.00

DANCE

10.00 Virtual classes:
17.00 Free choice

Virtual classes:
17.30 **MON** Steps
TUE Fit & Shape
18.30 **WED** Fit & Shape
THU Steps

Virtual classes:
19.00 **MON** Power
TUE Battle
20.00 **WED** Power
THU Battle

Virtual classes:
20.30 **MON** Yoga
TUE Dance
21.30 **WED** Yoga
THU Fiësta

SPORTS HALL

Free play
09.30 Free choice
18.00 Invite friends, play any sport you want!

18.30 **MON** Bodyshape
Peter
19.30 **THU** Badminton

Free play
18.30 **TUE** Volleyball &
20.30 Basketball
WED Futsal

20.00 **MON** BBB-attack
Alex
21.00 **THU** Indoor Hockey

SQUASH

09.00 Reserve your court
22.00

OUTDOORS

LIVE CLASSES: TUESDAYS ONLY

18.30 SUMMER FIT
19.30 *Peter*

20.00 Summer Fit
21.00 *Peter*

WEEKEND

FITNESS

9.00 Reserve your spot
10.00

10.30 Reserve your spot
11.30

12.00 Reserve your spot
13.00

13.30 Reserve your spot
14.30

DANCE

09.30 Virtual classes
15.00 Free choice

SPORTS HALL

Free play
09.30 Free choice
15.00 Invite friends, play any sport you want!

SQUASH

09.00 Reserve your court
15.00

PAY ATTENTION:

You need to reserve a spot for every class / sport / squash court at bress.baanreserveren.nl

For more information and the most actual timetable visit: www.bress.nl

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TIMETABLE

As of July 1, 2020

BRESS

MORE THAN JUST SPORTS

**MAKE SURE TO CONTACT OUR PARTNERS FIRST
AND ASK FOR THEIR **CORONA PROTOCOL****

| EXTERNAL SPORTS | 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 | | 19:30 - 20:30 | | | | | |
| 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:**

www.bress.nl

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hogeschool

Breda
University
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