



**Volg Sportloods**



**Openingstijden**

|                             |                               |
|-----------------------------|-------------------------------|
| Maandag, dinsdag, donderdag | 8.00 - 12.30 en 16.30 - 22.00 |
| Woensdag                    | 8.00 - 12.30 en 16.30 - 22.00 |
| Vrijdag                     | 8.00 - 18.15                  |
| Zaterdag                    | 8.00 - 12.00                  |
| Zondag                      | 9.00 - 13.00                  |

\*\* Bootcamp op verschillende locaties, zie Sportloods App

**Tent Sportloods**

| Tijden        | Maandag         | Dinsdag          | Woensdag        | Donderdag        | Vrijdag         | Zaterdag        | Zondag           |
|---------------|-----------------|------------------|-----------------|------------------|-----------------|-----------------|------------------|
| 9.00 - 9.45   | Circuit Outdoor |                  | Circuit Outdoor |                  | Circuit Outdoor | Circuit Outdoor | Bokspaaltraining |
| 10.00 - 10.30 |                 |                  |                 |                  |                 | Core Outdoor    |                  |
| 10.15 - 11.00 |                 |                  |                 |                  |                 |                 | Bokspaaltraining |
| 10.30 - 11.15 |                 |                  |                 |                  |                 |                 |                  |
| 11.00 - 11.45 |                 |                  |                 |                  |                 |                 |                  |
| 18.30 - 19.00 |                 | Core Outdoor     |                 |                  |                 |                 |                  |
| 18.45 - 19.15 | Core Outdoor    |                  |                 |                  |                 |                 |                  |
| 19.00 - 19.45 |                 |                  | Bootcamp**      |                  |                 |                 |                  |
| 19.15 - 20.00 |                 | Bokspaaltraining |                 | Bokspaaltraining |                 |                 |                  |
| 19.30 - 20.15 | Circuit Outdoor |                  |                 |                  |                 |                 |                  |
| 20.00 - 20.45 |                 |                  | Bootcamp**      |                  |                 |                 |                  |
| 20.15 - 21.00 |                 |                  |                 | Bokspaaltraining |                 |                 |                  |
| 20.30 - 21.15 |                 | Bokspaaltraining |                 |                  |                 |                 |                  |

**Landgoed Het Haveke**

| Tijden        | Maandag | Dinsdag | Woensdag | Donderdag | Vrijdag | Zaterdag | Zondag  |
|---------------|---------|---------|----------|-----------|---------|----------|---------|
| 09.00 - 10.00 |         |         | Pilates  |           | Pilates |          |         |
| 10.00 - 11.00 |         |         |          |           |         |          | Pilates |
| 19.00 - 20.00 | Pilates |         |          |           |         |          |         |
| 19.30 - 20.30 |         |         | Pilates  |           |         |          |         |
| 20.00 - 21.00 | Pilates |         |          |           |         |          |         |