

Sportplaza Hendrik Ido Ambacht Group Exercise Timetable

Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
<p>LES MILLS BODYBALANCE 8:10AM - 9:10AM Studio 1</p> <p>LES MILLS BODYPUMP 9:15AM - 10:15AM Studio 1</p> <p>LES MILLS BODYCOMBAT 10:30AM - 11:30AM Studio 1</p> <p>LES MILLS CORE 11:45AM - 12:30PM Studio 1</p> <p>LES MILLS BODYATTACK 1:00PM - 2:00PM Studio 1</p> <p>ONDEMAND 3:00PM - 4:00PM Studio 1</p> <p>ONDEMAND 4:15PM - 5:15PM Studio 1</p> <p>LES MILLS BODYBALANCE 6:30PM - 7:30PM Studio 1</p> <p>LES MILLS SH'BAM 7:45PM - 8:30PM Studio 1</p> <p>LES MILLS GRIT STRENGTH 9:00PM - 9:30PM Studio 1</p> <p>LES MILLS GRIT CARDIO 9:30PM - 10:00PM Studio 1</p>	<p>LES MILLS CORE 8:15AM - 9:00AM Studio 1</p> <p>LES MILLS BODYBALANCE 9:15AM - 10:15AM Studio 1</p> <p>LES MILLS GRIT ATHLETIC 10:30AM - 11:00AM Studio 1</p> <p>LES MILLS GRIT CARDIO 11:00AM - 11:30AM Studio 1</p> <p>LES MILLS BODYATTACK 11:45AM - 12:45PM Studio 1</p> <p>LES MILLS CORE 1:00PM - 1:45PM Studio 1</p> <p>ONDEMAND 3:00PM - 4:00PM Studio 1</p> <p>ONDEMAND 4:15PM - 5:15PM Studio 1</p> <p>ONDEMAND 6:30PM - 7:30PM Studio 1</p> <p>LES MILLS BODYCOMBAT 7:45PM - 8:30PM Studio 1</p> <p>LES MILLS BODYPUMP 7:45PM - 8:45PM Studio 1</p> <p>LES MILLS BODYBALANCE 9:00PM - 10:00PM Studio 1</p>	<p>LES MILLS BODYBALANCE 8:10AM - 9:10AM Studio 1</p> <p>ONDEMAND 9:15AM - 10:15AM Studio 1</p> <p>LES MILLS BODYATTACK 10:30AM - 11:30AM Studio 1</p> <p>LES MILLS CORE 11:45AM - 12:30PM Studio 1</p> <p>LES MILLS BODYPUMP 1:00PM - 2:00PM Studio 1</p> <p>ONDEMAND 3:00PM - 4:00PM Studio 1</p> <p>ONDEMAND 4:15PM - 5:15PM Studio 1</p> <p>LES MILLS GRIT STRENGTH 6:30PM - 7:00PM Studio 1</p> <p>LES MILLS GRIT CARDIO 7:00PM - 7:30PM Studio 1</p> <p>LES MILLS BODYBALANCE 7:45PM - 8:45PM Studio 1</p> <p>LES MILLS BODYCOMBAT 9:00PM - 10:00PM Studio 1</p>	<p>LES MILLS SH'BAM 8:10AM - 8:55AM Studio 1</p> <p>LES MILLS BODYATTACK 9:15AM - 10:15AM Studio 1</p> <p>LES MILLS BODYBALANCE 10:30AM - 11:30AM Studio 1</p> <p>LES MILLS BODYPUMP 11:45AM - 12:45PM Studio 1</p> <p>LES MILLS CORE 1:00PM - 1:45PM Studio 1</p> <p>ONDEMAND 3:00PM - 4:00PM Studio 1</p> <p>ONDEMAND 4:15PM - 5:15PM Studio 1</p> <p>LES MILLS BODYATTACK 6:30PM - 7:30PM Studio 1</p> <p>LES MILLS BODYPUMP 7:45PM - 8:45PM Studio 1</p> <p>LES MILLS CORE 9:00PM - 9:45PM Studio 1</p>	<p>LES MILLS SH'BAM 8:10AM - 8:55AM Studio 1</p> <p>LES MILLS BODYCOMBAT 9:15AM - 10:15AM Studio 1</p> <p>LES MILLS BODYBALANCE 10:30AM - 11:30AM Studio 1</p> <p>LES MILLS CORE 11:45AM - 12:30PM Studio 1</p> <p>LES MILLS BODYBALANCE 1:00PM - 2:00PM Studio 1</p> <p>ONDEMAND 3:00PM - 4:00PM Studio 1</p> <p>ONDEMAND 4:15PM - 5:15PM Studio 1</p> <p>LES MILLS BODYBALANCE 6:30PM - 7:30PM Studio 1</p> <p>LES MILLS BODYATTACK 7:45PM - 8:45PM Studio 1</p>	<p>LES MILLS BODYPUMP 9:00AM - 10:00AM Studio 1</p> <p>LES MILLS BODYATTACK 10:15AM - 11:15AM Studio 1</p> <p>LES MILLS SH'BAM 11:30AM - 12:15PM Studio 1</p> <p>LES MILLS BODYBALANCE 12:30PM - 1:30PM Studio 1</p>	<p>LES MILLS BODYBALANCE 10:15AM - 11:15AM Studio 1</p> <p>LES MILLS BODYCOMBAT 11:30AM - 12:30PM Studio 1</p> <p>LES MILLS BODYPUMP 12:45PM - 1:45PM Studio 1</p>

ONDEMAND

On Demand

LESMILLS **BODYATTACK**

High-energy fitness class with a combination of athletic movements and strength exercises.

LESMILLS **BODYBALANCE**

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

LESMILLS **BODYCOMBAT**

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

LESMILLS **BODYPUMP**

The original barbell workout for anyone looking to get lean, toned and fit - fast.

LESMILLS **CORE**

Core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

LESMILLS **GRIT** | ATHLETIC

A 30-minute high-intensity interval training (HIIT) workout that focuses on sports conditioning training to improve your overall athletic performance.

LESMILLS **GRIT** | CARDIO

High-intensity interval training that improves cardiovascular fitness.

LESMILLS **GRIT** | STRENGTH

High-intensity interval training designed to improve strength and build lean muscle.

LESMILLS **SH'BAM**

Fun-loving and insanely addictive dance workout. No dance experience required!

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Ambacht B.V.
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