

# Sportplaza Hendrik Ido Ambacht Group Exercise Timetable

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

Sportplaza Hendrik Ido  
Ambacht B.V.  
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