



SMALL GROUP CLASS SCHEDULE

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

8.00

**Synergy Outdoor*
(Levi)

8.00

Posture + Strength
(Estelle)

9.00

Mobility + Core
(Estelle)

12.00

Pilates
(Estelle)

18.00

**Synergy Outdoor*
(Levi)

18.30

**Mobility + Core*
(Arnaud)

8.00

**Synergy Outdoor*
(Levi)

12.00

Pilates
(Estelle)

12.45

Mobility + Core
(Estelle)

18.00

Posture + Strength
(Estelle)

7.00

**Synergy Outdoor*
(Levi)

7.10

Body Awake
(Derk)

8.00

**Synergy Outdoor*
(Levi)

12.00

Core + Stability
(Derk)

18.00

**Synergy Outdoor*
(Levi)

12.00

Core + Stability
(Derk)

12.45

Posture + Strength
(Estelle)

18.30

Mobility + Core
(Estelle)

20.00

BBB
(Daan)

7.10

Body Awake
(Derk)

8.00

Body Awake
(Derk)

8.00

**Synergy Outdoor*
(Levi)

12.00

Core + Stability
(Derk)

9.00

**Synergy Outdoor*
(Levi)

12.00

**BBB*
(Ellie)

10.00

Body Awake
(Alternating
Instructors)

**These classes are not available for booking via ClassPass or OneFit*