

# MAANDAG / MONDAY



	AEROBIC STUDIO	BODY&MIND STUDIO	CYCLE STUDIO	FITNESS STUDIO	SWIMMING POOL
07:15					
07:30					
07:45					
08:00					
08:15				Core	
08:30					
08:45					
09:00				Core	
09:15					
09:30	Body Pump <small>LM</small>	Hatha Yoga	Spinning		
09:45					
10:00				Core	
10:15					
10:30	Body Balance <small>LM</small>				
10:45					
11:00					
11:15					
11:30	Barre* <small>LM</small>				
11:45					
12:00					
12:15					
12:30					Aqua Aerobics
12:45					
13:00					
17:00				Core	
17:15					
17:30					
17:45					
18:00				Core	
18:15	Body Pump <small>LM</small>	Vinyasa Yoga			
18:30					
18:45					
19:00				Core	
19:15	Box Fit	Iyengar Yoga	Spinning	WOW*	Aqua Aerobics
19:30					
19:45					
20:00	Zumba				
20:15					
20:30		Pilates			
20:45					
21:00					
21:15					
21:30					

# DINSDAG / TUESDAY



	AEROBIC STUDIO	BODY&MIND STUDIO	CYCLE STUDIO	FITNESS STUDIO	SWIMMING POOL
07:15					
07:30					
07:45					
08:00				Core	
08:15					
08:30					
08:45					
09:00				Core	
09:15					
09:30	Body Shape		Spinning		
09:45					
10:00				Core	
10:15					
10:30	Barre* <small>LM</small>				
10:45		Yin Yoga			Aqua Fitness
11:00					
11:15					
11:30					
11:45					
12:00					
12:15					
12:30					
12:45					
13:00					
17:00				Core	
17:15					
17:30					
17:45					
18:00				Core	
18:15		Pilates	Spinning		
18:30	Step Aerobics*				
18:45					
19:00				Core	
19:15		Hatha Yoga		WOW*	Aqua Aerobics
19:30	Mix Fit				
19:45					
20:00					
20:15		Yin Yoga			
20:30	Body Pump <small>LM</small>				
20:45					
21:00					
21:15					
21:30					

# WOENSDAG / WEDNESDAY



	AEROBIC STUDIO	BODY&MIND STUDIO	CYCLE STUDIO	FITNESS STUDIO	SWIMMING POOL
07:15					
07:30					
07:45			Spinning		
08:00				Core	
08:15					
08:30					
08:45					
09:00				Core	
09:15					
09:30	Body Pump <small>LM</small>	Pilates			
09:45					
10:00				Core	
10:15					
10:30					
10:45		Vinyasa Yoga			
11:00					
11:15					
11:30					
11:45					
12:00					
12:15					
12:30					
12:45					
13:00					
17:00				Core	
17:15					
17:30					
17:45					
18:00				Core	
18:15	Zumba				
18:30					
18:45					
19:00			Sprint <small>LM</small>	Core	
19:15	Barre* <small>LM</small>	Hatha Yoga & Meditation		WOW*	Aqua Fitness
19:30					
19:45	Body Pump <small>LM</small>		Spinning		
20:00					
20:15		Pilates			
20:30					
20:45					
21:00					
21:15					
21:30					

# DONDERDAG / THURSDAY



	AEROBIC STUDIO	BODY&MIND STUDIO	CYCLE STUDIO	FITNESS STUDIO	SWIMMING POOL
07:15					
07:30					
07:45					
08:00				Core	
08:15					
08:30					
08:45					
09:00				Core	
09:15					
09:30	Body Pump <small>LM</small>	Hatha Yoga			
09:45					
10:00				Core	
10:15					
10:30	Body Combat <small>LM</small>				
10:45					Aqua Aerobics
11:00					
11:15					
11:30					
11:45					
12:00					
12:15					
12:30					
12:45					
13:00					
17:00				Core	
17:15					
17:30					
17:45					
18:00				Core	
18:15	Body Pump <small>LM</small>	Iyengar Yoga			
18:30					
18:45					
19:00	Box Fit	Hatha Yoga	Spinning	Core	
19:15				WOW*	
19:30					
19:45					
20:00			Power Cycling*		
20:15					
20:30					
20:45		Pilates			
21:00					
21:15					
21:30					

# VRIJDAG / FRIDAY



	AEROBIC STUDIO	BODY&MIND STUDIO	CYCLE STUDIO	FITNESS STUDIO	SWIMMING POOL
07:15					
07:30					
07:45					
08:00					
08:15				Core	
08:30					
08:45					
09:00				Core	
09:15					
09:30					
09:45	Body Pump <sup>LM</sup>	Pilates	Spinning		
10:00				Core	
10:15					
10:30					
10:45					
11:00		Yin Yang Yoga			Aqua Fitness
11:15					
11:30					
11:45					
12:00					
12:15					
12:30					
12:45					
13:00					
13:15					
13:30					
13:45					
14:00					
16:30					
16:45					
17:00				Core	
17:15					
17:30					
17:45					
18:00				Core	
18:15					
18:30	Body Pump <sup>LM</sup>	Vinyasa Yoga			
18:45					
19:00				Core	
19:15					
19:30	Body Combat <sup>LM</sup>			WOW*	
19:45					
20:00					



# ZONDAG / SUNDAY



	AEROBIC STUDIO	BODY&MIND STUDIO	CYCLE STUDIO	FITNESS STUDIO	SWIMMING POOL
07:15					
07:30					
07:45					
08:00					
08:15					
08:30					
08:45					
09:00					
09:15					
09:30	Body Pump <small>LM</small>	Yin Yang Yoga	Spinning		
09:45					
10:00				Core	
10:15	Body Combat <small>LM</small>	Body Balance <small>LM</small>	Sprint <small>LM</small>		
10:30					
10:45				WOW*	
11:00				Core	
11:15	Zumba	Pilates			
11:30					
11:45				Core	
12:00				Core	
12:15					Aqua Aerobics
12:30					
12:45					
13:00					
13:15					
13:30					
13:45					
14:00					
16:30					
16:45					
17:00		Vinyasa Yoga			
17:15					
17:30					
17:45					
18:00					
18:15					
18:30		Yin Yoga			
18:45					
19:00					
19:15					
19:30					
19:45					
20:00					

## **Met trots presenteren wij dit overzicht met groepslessen waar je aan mee kunt doen bij Caesar Fitness & Spa Resort**

### **Wat goed is om te weten:**

- Lessen gemarkeerd met een \* zijn nieuwe lessen bij Caesar, te weten: Barre, Power Cycling, Step Aerobics en WOW (Workout of the Week)
- Lessen gemarkeerd met **LM** zijn lessen van Les Mills. Dat zijn lessen volgens een vast format met ieder kwartaal een nieuwe release
- Beschrijvingen van de lessen zijn te vinden in de folder 'Omschrijvingen groepslessen'
- WOW (Workout of the Week) is op de begane grond en Core is op de eerste verdieping
- In de sportruimtes is het dragen van schone sportkleding, binnensportschoenen en het gebruik van een schone handdoek verplicht
- Uit oogpunt van veiligheid en hinder voor andere deelnemers is het niet toegestaan de zaal te betreden wanneer de groepsles is begonnen
- Dit rooster is geldig voor vanaf mei 2019

## **We are happy to present this overview containing our group exercise classes where you can join at Caesar Fitness & Spa Resort**

### **What's good to know:**

- Classes marked with a \* are new classes within Caesar: Barre, Power Cycling, Step Aerobics and WOW (Workout of the Week)
- Classes marked with **LM** are Les Mills classes, according to a world wide program, with a new release every quarter
- WOW (Workout of the Week) will take place on the ground floor and Core will take place on the upper floor
- Descriptions of the classes can be found in the folder 'Descriptions Group Exercise Classes'
- In sports areas it is required to have clean sportswear, indoor sports shoes and a clean towel
- Caesar has a no-entry policy when the class has started. Late admission can be unsafe and it can be disruptive to other participants
- This schedule applies from May 2019