

MAANDAG / MONDAY



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

DINSDAG / TUESDAY



	AEROBIC STUDIO	BODY&MIND STUDIO	CYCLE STUDIO	FITNESS STUDIO	SWIMMING POOL
07:15					
07:30	Mix Fit				
07:45					
08:00					
08:15				Core	
08:30					
08:45					
09:00				Core	
09:15	Body Shape		Spinning		
09:30					
09:45					
10:00				Core	
10:15	Barre* <small>LM</small>	Yin Yoga			
10:30					
10:45					
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	Step Aerobics*	Pilates	Spinning		
18:30					
18:45					
19:00				Core	
19:15	Mix Fit	Hatha Yoga		WOW*	Aqua Aerobics
19:30					
19:45					
20:00					
20:15	Body Pump <small>LM</small>	Yin Yoga			
20:30					
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			Sprint <small>LM</small>		
07:45					
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	Gym & Joy	Vinyasa Yoga			
10:45					
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					
20:30		Pilates			
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	Mix Fit					
07:45						
08:00						
08:15				Core		
08:30						
08:45						
09:00				Core		
09:15	Body Pump <small>LM</small>	Hatha Yoga				
09:30						
09:45						
10:00				Core		
10:15	Body Combat <small>LM</small>					
10:30						
10:45						
11:00					Aqua Aerobics	
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	Body Pump <small>LM</small>	Iyengar Yoga		Core		
18:15						
18:30						
18:45	Box Fit	Hatha Yoga	Spinning	Core		
19:00					WOW*	
19:15						
19:30			Power Cycling*			
19:45		Pilates				
20:00						
20:15						
20:30						
20:45						
21:00						
21:15						
21:30						

VRIJDAG / FRIDAY



	AEROBIC STUDIO	BODY&MIND STUDIO	CYCLE STUDIO	FITNESS STUDIO	SWIMMING POOL
07:15					
07:30		Hatha Yoga	Sprint ^{LM}		
07:45					
08:00				Core	
08:15					
08:30					
08:45					
09:00				Core	
09:15					
09:30	Body Pump ^{LM}	Pilates	Spinning		
09:45					
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	Body Pump ^{LM}	Vinyasa Yoga			
18:30					
18:45					
19:00				Core	
19:15					
19:30	Body Combat ^{LM}			WOW*	
19:45					
20:00					

ZATERDAG / SATURDAY



**AEROBIC
STUDIO**

**BODY&MIND
STUDIO**

**CYCLE
STUDIO**

**FITNESS
STUDIO**

**SWIMMING
POOL**

07:15
07:30
07:45
08:00
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19:15
19:30
19:45
20:00

Mix Fit

Pilates

Core

Body Pump LM

Hatha Yoga

Spinning

WOW*

Barre* LM

Core

Body Balance LM

Zumba

Spinning

Core

Aqua Aerobics

Breathing

Box Fit

Yin Yoga

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					
10:30	Body Combat <small>LM</small>	Body Balance <small>LM</small>	Sprint <small>LM</small>		
10:45					
11:00				Core	
11:15					
11:30	Zumba	Pilates			
11:45					
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 131 “live” 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 de periode januari 2019 tot en met juni 2019

We are happy to present this overview containing 131 live 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 for the period Januari 2019 to June 2019