

TIJDELIJK WEEKOVERZICHT VANAF 19 OKTOBER

Temporary weekly program from 19 October

Maandag/Monday

1. Sporthal UAntwerpen Stadscampus
 - 12u00 – 14u00: Badmintonveld reserveren/badminton
 - 17u30 – 18u30: Cross Workout
 - 18u30 – 19u30: Cross Workout
 - 19u30 – 20u30: BBB
 - 20u30 – 21u30: BBB

2. Sporthal KdG Campus Zuid
 - 18u00 – 19u00: Yoga beginners/novice (ook livestream)
 - 19u00 – 20u00: Hip Hop Workout
 - 20u00 – 21u00: Modern Workout
 - 21u00 – 22u00: Pilates (ook livestream)

3. Wilrijkse Pleinen
 - 20u00 – 22u00: Rugby all levels
 - ASL voetbal/soccer

4. Zwembad Veldstraat
 - 20u30 – 22u00: vrij zwemmen/swimming
 - 20u30 – 22u00: Start2Swim

Dinsdag/Tuesday

1. Sporthal UAntwerpen Stadscampus
 - 12u00 – 14u00: Badmintonveld reserveren/badminton
 - 18u00 – 19u00: Start2Run
 - 18u00 – 19u00: Yoga
 - 19u00 – 20u00: Loopclub/running club
 - 19u00 – 20u00: Yoga
 - 20u00 – 21u00: Pilates
 - 21u00 – 22u00: Pilates

2. Sporthal KdG Campus Zuid
 - 18u00 – 19u00: Zumba
 - 19u00 – 20u00: BBB (ook livestream)
 - 20u00 – 21u00: BBB
 - 21u00 – 22u00: Abs&Core

3. Sporthal UAntwerpen Campus Middelheim
 - 19u00 – 20u00: Piloxing

Woensdag/Wednesday

1. Sporthal UAntwerpen Stadscampus
 - 12u00 – 18u00: Badmintonveld reserveren/badminton
 - 14u00 – 18u00: Tennisveld reserveren/tennis
 - 18u00 – 19u00: Abs&Core
 - 19u00 – 20u00: Abs&Core
 - 20u00 – 21u00: Fatburner
 - 21u00 – 22u00: Fatburner
2. Sporthal KdG Campus Zuid:
 - 18u00 – 19u00: Bootcamp
 - 19u00 – 20u00: Bootcamp
 - 20u00 – 21u00: HIIT
 - 21u00 – 22u00: HIIT
3. Wilrijkse Pleinen
 - 20u00 – 21u00: Rugby gevorderden/advanced

Donderdag/Thursday

1. Sporthal UAntwerpen Stadscampus
 - 12u00 – 14u00: Badmintonveld reserveren/badminton
 - 13u00 – 13u30: HIIT
 - 18u00 – 19u00: Parkour
 - 19u00 – 20u00: Zumba
 - 20u00 – 21u00: Zumba
 - 21u00 – 22u00: Yoga
2. Sporthal KdG Campus Zuid
 - 18u00 – 19u00: Sweatsculpt
 - 19u00 – 20u00: Cross Workout
 - 20u00 – 22u00: Badminton
3. Sporthal UAntwerpen Campus Drie Eiken
 - 18u30 – 20u30: Badminton

Vrijdag/Friday

1. Sporthal UAntwerpen Stadscampus
 - 18u00 – 19u00: Piloxing
 - 19u00 – 20u00: non-contact groepsles (nog te bepalen)/TBA
 - 20u00 – 21u00: non-contact groepsles (nog te bepalen)/TBA
 - 21u00 – 22u00: non-contact groepsles (nog te bepalen)/TBA

Zaterdag/Saturday

1. Sporthal UAntwerpen Stadscampus
 - 13u00 – 17u00: Badmintonveld reserveren/badminton
 - 13u00 – 17u00: Tennisveld reserveren/tennis