

TIJDELIJK WEEKOVERZICHT VANAF 24 OKTOBER

Temporary week program from 24 October

Maandag/Monday

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

2. Wilrijkse Pleinen
 - 20u00 – 22u00: Rugby all levels

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

Dinsdag/Tuesday

1. Sporthal UAntwerpen Stadscampus
 - 12u00 – 14u00: Badmintonveld reserveren/badminton
 - 17u00 – 18u00: Badmintonveld reserveren/badminton
 - 18u00 – 19u00: Start2Run
 - 18u00 – 19u00: Yoga beginners (ook livestream)
 - 19u00 – 20u00: Loopclub/running club
 - 19u00 – 20u00: Hip Hop Workout
 - 20u00 – 21u00: Pilates (ook livestream)
 - 21u00 – 22u00: Sweatsculpt

2. Sporthal UAntwerpen Campus Middelheim
 - 19u00 – 20u00: Piloxing
 - 20u00 – 21u00: BBB

3. Sporthal UAntwerpen Campus Drie Eiken
 - 18u30 – 19u30: Yoga
 - 19u30 – 20u30: Pilates

Woensdag/Wednesday

1. Sporthal UAntwerpen Stadscampus
 - 12u00 – 18u00: Badmintonveld reserveren/badminton
 - 15u00 – 18u00: Tennisveld reserveren/tennis
 - 18u00 – 19u00: Abs&Core
 - 19u00 – 20u00: Abs&Core (ook livestream)
 - 20u00 – 21u00: Fatburner (ook livestream)
 - 21u00 – 22u00: Fatburner
2. Sporthal UAntwerpen Campus Drie Eiken
 - 18u30 – 19u30: HIIT
 - 19u30 – 20u30: Total Body Workout
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 UAntwerpen Campus Drie Eiken
 - 18u30 – 20u30: Badminton

Vrijdag/Friday

1. Sporthal UAntwerpen Stadscampus
 - 18u00 – 19u00: Piloxing
 - 19u00 – 20u00: HIIT (ook livestream)
 - 20u00 – 21u00: Cross Workout
 - 21u00 – 22u00: Zumba

Zaterdag/Saturday

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