

Sportschedule open hours

Healthweek special
16 February - 19 February

Exclusive! Open Hours
 Tuesday 16.00-17.00 **Fysiocircuit** KD-Hall
 Wednesday 16.00-17.00 **Yoga & Meditation** Struikhall

♥ Stamina | 🌀 Coordination | 🏋️ Power | 🧘 Relaxation

Day	Time	Activity	Icons	Location	Instructor
MONDAY M	07.45-08.30	Swimming	♥ 🧘	WAS Swimming pool	Henk Jan Doltsma
	12.30-13.15	Body-fit	♥ 🌀 🏋️	Hall 1	Christel Vredeveld
	12.30-13.30	Swimming	♥ 🧘	WAS Swimming pool	Johan Poppinga
	13.30-14.30	Pilates	🌀 🧘	Hall 2	Marion Leeuw
	13.30-14.30	Spinning**	♥ ♥	Spinning hall	Christel Vredeveld
	15.30-17.00	Futsal	♥ 🌀	Struikhall / KD-hall	Johan Poppinga
	15.30-17.00	Volleybal/basketbal	♥ 🌀 🌀	HG-hal	Johan Poppinga
	15.30-16.30	Body-fit	♥ 🌀 🏋️	Hall 1	Kyra Gerritsjans
	16.00-17.00	Circuittraining	♥ 🌀 🏋️	Hall 4	Rink Hooijsma
	16.30-17.30	Spinning**	♥ ♥	Spinning hall	Jennifer Kars
	16.30-17.30	Body-pump	♥ 🌀 🏋️	Hall 1	Mayke Bosman
	16.30-17.30	Body-fit	♥ 🌀 🏋️	WAS Dancehall	Jean Paul
	17.00-18.00	BOMmen	♥ 🌀 🏋️	Struikhall	Anna Rijkens
	17.00-18.00	Circuittraining	♥ 🌀 🏋️	Hall 4	Johan Poppinga
	17.30-18.15	HIIT	♥ ♥ 🏋️ 🏋️	Hall 1	Mayke Bosman
	17.30-18.30	Body-fit	♥ 🌀 🏋️	WAS Dancehall	Jennifer Kars
	17.30-18.15	Swimming	♥ 🧘	WAS Swimming pool	Divers
	18.00-19.00	Circuittraining	♥ 🌀 🏋️	Hall 4	Rink Hooijsma
	18.00-19.00	Spinning**	♥ ♥	Spinning hall	Anna Rijkens
	18.15-19.00	HIIT	♥ ♥ 🏋️ 🏋️	Hall 1	Mayke Bosman
	19.15-20.45	Climbing*	♥ ♥ 🏋️ 🏋️	Climbing wall	Nico Reynders
	19.30-20.30	Spinning**	♥ ♥	Spinning hall	Mayke Bosman
	20.30-21.30	Body-fit	♥ 🌀 🏋️	WAS Dancehall	Linda vd Wouw
22.15-23.00	Swimming	♥ 🧘	WAS Swimming pool	Edo de Jong	
TUESDAY T	07.45-08.30	Swimming	♥ 🧘	WAS Swimming pool	Johan Poppinga
	12.30-13.15	Body fit	♥ 🌀 🏋️	Hall 1	Jean Paul
	12.30-13.30	Swimming	♥ 🧘	WAS Swimming pool	Divers
	13.15-14.15	Power-Yoga	♥ 🧘 🏋️	Hall 1	Christel Vredeveld
	13.30-14.30	Spinning**	♥ ♥	Spinning hall	Dorus Heijnen
	14.15-15.00	HIIT	♥ ♥ 🏋️ 🏋️	Hall 1	Christel Vredeveld
	15.00-16.00	Body-pump	♥ 🌀 🏋️	Hall 1	Christel Vredeveld
	15.30-17.00	Futsal	♥ 🌀	Struikhall / KD-hal / HG-hal	Rik Wilbers
	15.30-16.30	Swimming	♥ 🧘	WAS Swimming pool	Peter Zweistra
	16.00-17.00	Body-fit	♥ 🌀 🏋️	Hall 1	Annemiek Smege
	16.00-17.00	Circuittraining	♥ 🌀 🏋️	Hall 4	Hendrik Fredericks
	16.30-17.30	Zumba	♥ 🌀 🌀	WAS Dancehall	Marloes Pieksma
	16.30-17.15	Aquarobics	♥ 🏋️	WAS Swimming pool	Peter Zweistra
	17.00-18.00	Circuittraining	♥ 🌀 🏋️	Hall 4	Hendrik Fredericks
	17.00-18.00	Dance Workout nieuw!	♥ 🌀 🏋️	Hall 1	Virginia Kui
	17.15-18.00	Swimming	♥ 🧘	WAS Swimming pool	Agnes de Haan
	17.30-18.30	Body-fit	♥ 🌀 🏋️	WAS Dancehall	Aylin van Duinen
	18.00-19.00	Spinning**	♥ ♥	Spinning hall	Christel Vredeveld
	18.00-19.30	Climbing*	♥ ♥ 🏋️ 🏋️	Climbing wall	Jelmer Folkertsma
	18.30-19.30	Body-fit	♥ 🌀 🏋️	WAS Dancehall	Aylin van Duinen
	19.00-20.00	Steps beginners	♥ 🏋️	Hall 1	Heidi Schulkes
	19.00-20.00	Spinning**	♥ ♥	Spinning hall	Heidi Schulkes
	20.00-21.00	Circuittraining	♥ 🌀 🏋️	Hall 4	Rink Hooijsma
20.00-21.00	Spinning**	♥ ♥	Spinning hall	Heidi Schulkes	
WEDNESDAY W	07.45-08.30	Swimming	♥ 🧘	WAS Swimming pool	Divers
	12.30-13.15	Body-fit	♥ 🌀 🏋️	Hall 1	Jennifer Kars
	12.30-13.30	Swimming	♥ 🧘	WAS Swimming pool	Johan Poppinga
	13.30-14.30	Pilates	🌀 🧘	Hall 2	Marion Leeuw
	13.30-14.30	Spinning**	♥ ♥	Spinning hall	Jennifer Kars
	15.00-16.00	Pilates	🌀 🧘	Hall 2	Harrie Groenewold
	15.30-17.00	Futsal	♥ 🌀	Struikhall KD-hal HG-hal	Peter Zweistra
	15.30-17.00	Soccer	♥ 🌀	RIK-field	Rinie Jurna
	16.00-17.00	Body-pump	♥ 🌀 🏋️	Hall 1	Jennifer Kars
	16.00-17.00	Pilates	🌀 🧘	Hall 2	Harrie Groenewold
	16.00-17.00	Circuittraining	♥ 🌀 🏋️	Hall 4	Michiel Korff
	16.00-17.00	Spinning**	♥ ♥	Spinning hall	Henny Woldman
	16.30-17.30	Body-fit	♥ 🌀 🏋️	WAS Dance hall	Anna Rijkens
	17.00-18.00	BOMmen	♥ 🌀 🏋️	Struikhall	Heidi Schulkes
	17.00-18.00	Body-fit	♥ 🌀 🏋️	Hall1	Divers
	17.00-18.00	Circuittraining	♥ 🌀 🏋️	Hall 4	Michiel Korff
	17.00-18.00	Spinning**	♥ ♥	Spinning hall	Henny Woldman
	17.30-19.00	Gymnastics	♥ 🌀 🏋️	WAS Gymnastics hall	Ymke Ma

Sportschedule open hours

Period 3: 9 February - 19 April 2015

Open Hours (modifications reserved)

♥ Stamina | 🌀 Coordination | 🏋️ Power | 🧘 Relaxation

Day	Time	Activity	Stamina	Coordination	Power	Relaxation	Location	Instructor
WEDNESDAY W	17.30-18.30	Body-fit	♥	🌀	🏋️		WAS Dancehall	Anna Rijkens
	18.00-19.00	Steps advanced	♥	🌀	🏋️		Hall 1	Heidi Schulkes
	18.00-19.00	Circuittraining	♥	🌀	🏋️		Hall 4	Michiel Korff
	18.00-19.00	Spinning**	♥	♥			Spinning hall	Wouter v Egmond
	19.00-20.00	Power-Yoga	♥	🧘	🏋️		Hall 1	Heidi Schulkes
	19.00-20.30	Gymnastics	♥	🌀	🏋️		WAS Gymnastics hall	Ymke Ma
	21.30-23.00	Climbing*	♥	♥	🏋️	🏋️	Climbing wall	Edo de Jong
	22.15-23.00	Swimming	♥	🧘			WAS Swimming pool	Johan Poppinga
THURSDAY T	07.45-08.30	Swimming	♥	🧘			WAS Swimming pool	Hendrik Fredericks
	12.30-13.15	Body-fit	♥	🌀	🏋️		Hall 1	Henny Woldman
	12.30-13.30	Swimming	♥	🧘			WAS Swimming pool	Peter/Hendrik
	13.15-14.15	Beasting	♥	🌀	🏋️		Hall 1	Suzanne Wit
	13.30-14.30	Spinning**	♥	♥			Spinning hall	Henny Woldman
	14.15-15.15	Yoga		🧘			Hall 1	Suzanne Wit
	15.15-16.00	Body-fit	♥	🌀	🏋️		Hall 1	Annemiek Smege
	15.30-17.00	Futsal	♥	🌀			Struikhal / HG-hal / KD-hal	Chiel Mulder
	15.30-16.30	Swimming	♥	🧘			WAS Swimming pool	Marlon Connor
	16.00-17.00	Circuittraining	♥	🌀	🏋️		Hall 4	Henk Jan Dolsma
	16.30-17.30	Zumba	♥	🌀			WAS Dancehall	Marloes Pieksma
	16.30-17.15	Aquarobics	♥	🏋️			WAS Swimming pool	Marlon Connor
	17.00-18.00	Spinning**	♥	♥			Spinning hall	Christel Vredeveld
	17.00-18.00	Circuittraining	♥	🌀	🏋️		Hall 4	Rink Hooijsma
	17.15-18.15	Swimming	♥	🧘			WAS Swimming pool	Hendrik Fredericks
	18.00-19.00	Body-pump	♥	🌀	🏋️		Hall 1	Christel Vredeveld
	18.00-19.00	Spinning**	♥	♥			Spinning hall	Mayke Bosman
	18.15-19.30	Climbing*	♥	♥	🏋️	🏋️	Climbing wall	Nico Reijnders
	18.30-19.30	Dance	♥	🌀			WAS Dancehall	Linda van de Wouw
	19.00-20.00	HIIT	♥	🌀	🏋️	🏋️	Hall 4	Mayke Bosman
22.15-23.00	Swimming	♥	🧘			WAS Swimming pool	Sven Spijkerman	
FRIDAY F	07.45-08.30	Swimming	♥	🧘			WAS Swimming pool	Hendrik Fredericks
	11.30-12.30	Swimming	♥	🧘			WAS Swimming pool	Henny Woldman
	12.30-13.30	Badminton	♥	🌀			Struikhal	ACLO/SPR
	12.30-13.15	Body-fit	♥	🌀	🏋️		Hall 1	Jennifer Kars
	13.30-14.30	Spinning**	♥	♥			Spinning hall	Jennifer Kars
	13.30-14.30	Pilates		🧘			Hall 2	Marjon de Leeuw
	14.30-16.00	Futsal	♥	🌀			KD-hal	Rinie Jurna
	15.00-16.00	Yoga		🧘			Hall 1	Mayke Bosman
	16.00-17.00	Body-fit	♥	🌀	🏋️		Hall 1	Mayke Bosman
	16.00-17.00	Circuittraining	♥	🌀	🏋️		Hall 4	Rinie Jurna
	17.00-18.00	Body-pump	♥	🌀	🏋️		Hall 1	Mayke Bosman
	17.00-18.00	Circuittraining	♥	🌀	🏋️		Hall 4	Chiel Mulder
	17.30-18.30	Spinning**	♥	♥			Spinning hall	Wouter van Egmond
	17.30-18.30	Swimming	♥	🧘			WAS Swimming pool	Koos Kuiper
	20.00-21.00	Swimming	♥	🧘			WAS Swimming pool	Koos Kuiper
	22.00-23.00	Swimming	♥	🧘			WAS Swimming pool	Koos Kuiper
SATURDAY S	09.00-10.00	Body-fit	♥	🌀	🏋️		Hall 1	Divers
	10.00-11.00	Body-fit	♥	🌀	🏋️		Hall 1	Divers
	11.00-12.00	Circuittraining	♥	🌀	🏋️		Hall 4	Divers
	12.30-13.30	Swimming	♥	🧘			WAS-Swimming pool	Divers
	SUNDAY S	10.00-11.00	Body-fit	♥	🌀	🏋️		Hall 1
11.00-12.00		Body-pump	♥	🌀	🏋️		Hall 1	Divers
12.00-13.00		Yoga		🧘			Hall 1	Divers
13.00-14.00		Circuittraining	♥	🌀	🏋️		Hall 4	Divers

Which location is where?

Sports Centre: Blauwborgje 16, WAS: Zernikeplein 17

How to become an ACLO member

You can AC(LO)ivate your student card 2014-2015 at the counter of the Sports Centre for €52,- between 8:00AM –6:00PM. If you have a Dutch bank account, you can pay by iDEAL on the website. After AC(LO)ivation, your student card will give access to all ACLO-activities. PAY ATTENTION: You have to carry your student card with you at all times! If you are not a student at the RUG or HG, check www.aclosport.nl if you can become a member.

*Wallclimbing

To take part in the open hour wall climbing you have to manage the belaying technique or you should have followed the wall climbing course at the ACLO

**Spinning without enrolment

Spinning without enrollment? That's possible! Take a look at the schedule for the times and location of the spinning hours. Max. 25 places! Besides these guided open hours there is a possibility to use the spinning DVD: **Monday and Wednesday from 14.30-15.30, Tuesday from 16.30-17.30, Thursday from 15.30-16.30 and in the weekends from 13.30-14.30, 14.30-15.3, 15.30-16.30.**

Free tennis/squash court and hall reservations

ACLO-members are able to reserve a tennis- or squash court or a hall for one of the mentioned sports above. This can be done on the website ACLOSPORT.NL

Fitness & cardio

You need a special note for fitness (cardio and strength). The price of this note is €65,- for the college year 2014-2015. With the fitness-note, it is possible to train for free each day between 8:00AM-11:00PM and during the weekend between 10:00AM-09:00PM. To receive a fitness-note, people without any fitness experience have to sign up for a course of 5 weeks (take a look at the course hours schedule). People with fitness experience have to sign up at our website for one of the **fitness-intake hours**, using MyACLO.