

Sportschedule group lessons ACLO Station

Grouplessons until December 2017

(modifications reserved, for the most up-to-date schedule, check www.aclosport.nl)

Stamina |
 Coordination |
 Power |
 Relaxation

MONDAY M	09.00-10.00	Bodyfit		ACLO Station	Christel Vredeveld
	10.00-10.45	HIIT		ACLO Station	Christel Vredeveld
	14.30-15.30	TRX-mix		ACLO Station	Jennifer Kars
	15.30-16.30	Bodyfit		ACLO Station	Jennifer Kars
	16.30-17.15	Combat		ACLO Station	Jennifer Kars
	17.30-18.30	Bodypump		ACLO Station	Jennifer Kars
	18.30-19.30	Steps		ACLO Station	Fraa Alkemade
	19.30-20.30	Bodyfit		ACLO Station	Fraa Alkemade
	20.30-21.30	Zumba		ACLO Station	Marloes Pieksma
TUESDAY T	09.00-10.00	Bodyfit		ACLO Station	Jean Paul
	10.00-10.45	HIIT		ACLO Station	Jean Paul
	15.30-16.30	TRX-mix		ACLO Station	Marlon Connor
	16.30-17.15	Combat		ACLO Station	Marlon Connor
	18.00-19.00	Circuittraining		ACLO Station	Marlon Connor
	19.00-20.00	Steps		ACLO Station	Heidi Schulkes
	20.00-21.00	Bodyfit		ACLO Station	Heidi Schulkes
	21.00-22.00	Yoga		ACLO Station	Heidi Schulkes
WEDNESDAY W	15.30-16.30	Pilates		ACLO Station	Harrie Groenewold
	16.30-17.15	HIIT		ACLO Station	Harrie Groenewold
	17.30-18.30	Bodypump		ACLO Station	Harrie Groenewold
	18.30-19.30	Steps		ACLO Station	Fraa Alkemade
	19.30-20.30	Bodyfit		ACLO Station	Fraa Alkemade
	20.30-21.30	Circuittraining		ACLO Station	Michiel Korff
	21.30-22.15	Boost45		ACLO Station	Daniel Aminabad
THURSDAY T	15.30-16.30	Bodyfit		ACLO Station	Christel Vredeveld
	16.30-17.30	TRX-mix		ACLO Station	Christel Vredeveld
	17.30-18.15	HIIT		ACLO Station	Christel Vredeveld
	18.30-19.30	Bodypump		ACLO Station	Christel Vredeveld
	19.30-20.30	Combat		ACLO Station	Danielle Wessels
	20.30-21.30	Bodyfit		ACLO Station	Mandy Wildeman
	21.30-22.30	Yoga		ACLO Station	Mandy Wildeman
FRIDAY F	15.30-16.30	Bodyfit		ACLO Station	Virginia Kui
	16.30-17.30	Pilates/Yoga		ACLO Station	Virginia Kui
	17.30-18.15	Combat		ACLO Station	Marlon Connor
	18.15-19.00	Labooca		ACLO Station	Marlon Connor

Which location is where?

ACLO Station: Stationsplein 7.

How to become an ACLO-member?

You can obtain an ACLO Card 2017-2018 at the counter of the Sports Centre, for €59,95 between 8:00 AM - 6:00 PM. If you have a Dutch bank account, it is also possible to pay by iDEAL on the website. After AC(LO)tivation, 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 whether or not you have the right to become an ACLO-member.

ACLO Station

To join the open hours at the ACLO Station it is mandatory that you reserved a spot online. After making a reservation, you go to the information desk to scan your student card, prior to the open hour. Reservations for the open hours at the ACLO Station can be made on MyACLO 8 days in advance of the open hour. If you are interrupted and want to delete your reservation, you can also do this online. **Attention!** If you have made a reservation but don't show up, you will be fined. More information about this matter can be found on our website at www.acloport.nl/sporten/groepslessen. You can cancel your reservation on de MyACLO website: "Bookings > Current Bookings".

The ACLO is looking for you!

You can get socially active at the ACLO! Join one of our committees.
Check our website (www.aclosport.nl) for all the possibilities.