

Sportschedule Lustrum-KISS

Open hours 14th of December - 18th of December 2015

★ Signing up is mandatory

Monday - Grand Opening KISS

07.45-08.30	Swimming	WAS Swimming pool
08.30-09.25	Yoga	Hall 1
12.30-13.15	Bodyfit	Hall 1
12.30-13.30	Swimming	WAS Swimming pool
13.30-14.30	Pilates	Hall 1
13.30-14.30	Spinning	Spinning hall
15.30-17.00	Futsal	Struikhall /KD-hall/ HG-hall
15.30-17.00	Volleybal/basketbal	HG-hal
16.00-17.00	Circuittraining	Hall 4
16.00-17.00	Spinning	Spinning hall
16.30-17.30	Bodyfit	WAS Dancehall
17.00-18.00	Labooca Revolution	Struikhall
17.00-18.00	Circuittraining	Hall 4
17.30-18.30	Bodyfit	WAS Dancehall
17.30-18.15	Swimming	WAS Swimming pool
★ 18.00-19.00	Jumping Fitness	Hall 1
18.00-19.00	Spinning	Spinning hall
★ 19.00-20.00	Jumping Fitness	Hall 1
★ 19.00-20.00	Poledance Workshop	Hall 4
19.00-20.30	Climbing	Climbing wall
19.00-20.00	Spinning	Spinning hall
★ 19.00-22.00	Darts Tournament	Sportsbar
★ 20.00-21.00	Jumping Fitness	Hall 1
★ 20.00-21.00	Poledance Workshop	Hall 4
★ 21.00-22.00	Poledance Workshop	Hall 4
22.15-23.00	Swimming	WAS Swimming pool

Wednesday - Tournamentday

17.00-00.00	Request your song 4 SR	Sportsbar
17.00-00.00	Old Dutch Games	Sportsbar
17.00-00.00	Snert, glühwein, hot chocolate	Entrance Sportsbar
07.45-08.30	Swimming	WAS Swimming pool
12.30-13.15	Bodyfit	Hall 1
12.30-13.30	Swimming	WAS Swimming pool
13.30-14.30	Spinning	Spinning hall
16.00-17.00	Spinning	Spinning hall
16.30-17.00	BBB30	WAS Dance hall
17.00-18.00	Spinning	Spinning hall
17.00-18.00	Bodyfit	WAS Dance hall
17.00-18.00	Big Circuit	HG Hall
17.30-19.00	Gymnastics	WAS Gymnastics hall
17.30-22.00	Fitness Match	Hall 1
★ 18.00-19.00	Glow in the Flow (Yoga)	Struikhall
18.00-18.30	Core training	WAS Dance hall
★ 18.30-22.00	Futsal competition	KD hall
19.00-20.30	Gymnastics	WAS Gymnastics hall
★ 19.00-22.00	Blacklight Volleyball	Struik / HG hall
★ 19.00-22.00	Koekenpantennis	Tennis courts air domes
★ 19.00-22.00	Squash Tournament	Squash courts
★ 19.00-20.00	Courtsoccer Workshop	Squash courts
20.00-21.00	Spinning	Spinning hall
★ 20.00-21.00	Courtsoccer Workshop	Squash courts
★ 21.00-22.00	Courtsoccer Workshop	Squash courts
22.15-23.00	Swimming	WAS Swimming pool

Tuesday - Budo Special

17.00-00.00	Old Dutch Games	Sportsbar
17.00-00.00	Snert, glühwein, hot chocolate	Entrance Sportsbar
07.45-08.30	Swimming	WAS Swimming pool
12.30-13.15	Bodyfit	Hall 1
12.30-13.30	Swimming	WAS Swimming pool
13.15-14.00	HIIT	Hall 1
13.30-14.30	Spinning	Spinning hall
14.00-15.00	Power Yoga	Hall 1
15.00-16.00	Bodypump	Hall 1
15.30-17.00	Futsal	KD-hal / HG-hal
15.30-16.30	Swimming	WAS Swimming pool
16.00-17.00	Pilates	Hall 1
16.00-17.00	Circuittraining	Hall 4
16.30-17.30	Zumba	WAS Dancehall
16.30-17.15	Aquarobics	WAS Swimming pool
★ 17.00-18.00	I-Kick Special with DJ	Struikhall
17.15-18.00	Swimming	WAS Swimming pool
17.30-18.30	Bodyfit	WAS Dancehall
★ 18.00-19.00	Rapidball Workshop	Squash court
18.00-19.30	Climbing	Climbing wall
★ 18.00-19.30	Dodgeball Workshop	HG hall
★ 18.00-21.00	Budo Challenge	Hall 1 and hall 2
18.30-19.30	Bodyfit	WAS Dancehall
★ 18.30-19.30	Spinning Band & DJ	Hall 4
★ 19.00-20.00	Rapidball Workshop	Squash court
★ 19.30-21.00	Dodgeball Workshop	HG hall
★ 19.30-20.30	Spinning Band & DJ	Hall 4

Thursday - Disco Swimming

17.00-00.00	Old Dutch Games	Sportsbar
17.00-00.00	Snert, glühwein, hot chocolate	Entrance Sportsbar
07.45-08.30	Swimming	WAS Swimming pool
08.30-09.15	Yoga	Hall 1
12.30-13.15	Bodyfit	Hall 1
12.30-13.30	Swimming	WAS Swimming pool
13.15-14.15	Beasting	Hall 1
13.30-14.30	Spinning	Spinning hall
14.15-15.15	Yoga	Hall 1
15.15-16.00	Bodyfit	Hall 1
15.30-17.00	Futsal	HG-hal / KD-hal
★ 16.00-17.00	Disco Aquarobics	WAS Swimming Pool
16.30-17.30	Zumba mix	WAS Dance hall
17.00-18.00	Spinning	Spinning hall
★ 17.00-18.00	Disco Aquarobics	WAS Swimming Pool
★ 18.00-18.45	Squat Workshop	Fitness
★ 18.00-18.45	Deadlift Workshop	Fitness
★ 18.00-19.00	Row Spinning	Hall 4
18.00-19.00	HIIT	Hall 1
18.00-19.00	Disco Swimming	Swimming Pool
18.15-19.45	Climbing	Climbing wall
18.30-19.30	Bodyfit	WAS Dance hall
★ 19.00-19.45	Squat Workshop	Fitness
★ 19.00-19.45	Deadlift Workshop	Fitness
★ 19.00-20.00	Row Spinning	Hall 4
19.00-20.00	Spinning	Spinning hall
★ 20.00-21.00	Row Spinning	Hall 4
22.15-23.00	Swimming	WAS Swimming Pool

Friday - Christmas Carrol Day

07.45-08.30	Swimming	WAS Swimming pool
12.30-13.30	Swimming	WAS Swimming pool
12.30-13.30	Badminton	Struikhall
12.30-13.15	Bodyfit	Hall 1
13.30-14.30	Spinning	Spinning hall
13.30-14.30	Pilates	Hall 1
14.30-16.00	Futsal	Struikhall
15.00-16.00	Yoga	Hall 1
16.00-17.00	Bodyfit	Hall 1
16.00-17.00	Circuittraining	Hall 4
17.00-18.00	Bodypump	Hall 1
17.00-18.00	Circuittraining	Hall 4
17.30-18.30	Spinning	Spinning hall
17.30-18.30	Swimming	WAS Swimming pool
20.00-21.00	Swimming	WAS Swimming pool
22.00-23.00	Swimming	WAS Swimming pool

Sign up ★ and more information @ www.aclosport.nl

Support **Serious Request** during the KISS week by:

- Having your favorite song played through the entire Sports Centre on Wednesday during DJ4 Serious Request @ the DJ stand
- Drinking a nice cup of hot chocolate or gluhwein @ Entrance Sportsbar
- Donating money @ Information Desk

Don't forget to pimp your bike @ Entrance Sportscentre!