

Groepslessen zomerrooster op Uilenstede

van 29 juni t/m 30 augustus 2026

	<i>Tijd / Time</i>	<i>Les / Class</i>	<i>Studio</i>
Maandag	12:00-13:00	BBBB/Pilates	studio 2
Monday	17:30-18:30	Zumba	studio 3
	17:45-18:45	Pump	studio 2
	18:30-19:30	BBBB	studio 3
	18:45-19:45	Pump	studio 2
	19:30-20:30	Total Workout	studio 3
Dinsdag	17:30-18:30	Paaldansen (t/m 28 jul)	studio 2
Tuesday	18:00-19:00	Pump	studio 3
	18:30-19:30	Pilates	studio 1
	18:45-19:45	Stretch&Flex (t/m 28 jul)	studio 2
	19:00-20:00	Zumba	studio 3
Woensdag	9:00-10:00	Yoga (yin/yang)	studio 2
Wednesday	18:00-19:00	BBBB	studio 3
	18:15-19:15	Bootcamp (t/m 29 jul)	buiten
	19:00-20:00	Pump	studio 3
	20:00-21:00	Yoga (yin/yang)	studio 3
Donderdag	17:00-18:00	Pilates	studio 1
Thursday	18:00-19:00	Pump	studio 3
	18:15-19:00	Spinning	studio 1
	19:00-19:15	Core (15 min)	studio 1
Vrijdag	9:00- 9:45	Pump	studio 3
Friday	10:00-10:45	Spinning	studio 1
	10:00-10:45	AfroBooty **	studio 3
	18:00-19:00	BBBB	studio 3
Zaterdag	10:15-11:15	Zumba	studio 3
Saturday	10:15-11:15	Pilates	studio 1
	11:30-12:30	Spinning	studio 1
Zondag/Sunday	10:15-11:45	Yoga (vinyasa+med)	studio 3

(**) beperkt tot 3 juli & 7, 14, 21, 28 augustus

Check www.sportcentrumvu.nl for the last information!

Groupclasses summer schedule on Uilenstede

June 29th to August 30th 2026

	<i>Tijd / Time</i>	<i>Les / Class</i>	<i>Studio</i>
Maandag	12:00-13:00	BBBB/Pilates	studio 2
Monday	17:30-18:30	Zumba	studio 3
	17:45-18:45	Pump	studio 2
	18:30-19:30	BBBB	studio 3
	18:45-19:45	Pump	studio 2
	19:30-20:30	Total Workout	studio 3
Dinsdag	17:30-18:30	Paaldansen (t/m 28 jul)	studio 2
Tuesday	18:00-19:00	Pump	studio 3
	18:30-19:30	Pilates	studio 1
	18:45-19:45	Stretch&Flex (t/m 28 jul)	studio 2
	19:00-20:00	Zumba	studio 3
Woensdag	9:00-10:00	Yoga (yin/yang)	studio 2
Wednesday	18:00-19:00	BBBB	studio 3
	18:15-19:15	Bootcamp (t/m 29 july)	buiten
	19:00-20:00	Pump	studio 3
	20:00-21:00	Yoga (yin/yang)	studio 3
Donderdag	17:00-18:00	Pilates	studio 1
Thursday	18:00-19:00	Pump	studio 3
	18:15-19:00	Spinning	studio 1
	19:00-19:15	Core (15 min)	studio 1
Vrijdag	9:00- 9:45	Pump	studio 3
Friday	10:00-10:45	Spinning	studio 1
	10:00-10:45	AfroBooty **	studio 3
	18:00-19:00	BBBB	studio 3
Zaterdag	10:15-11:15	Zumba	studio 3
Saturday	10:15-11:15	Pilates	studio 1
	11:30-12:30	Spinning	studio 1
Zondag/Sunday	10:15-11:45	Yoga (vinyasa+med)	studio 3

(**) limited to Juli 3rd & 7, 14, 21, & 28 August

Check www.sportcentrumvu.nl for the last information!

Vechtsporten rooster op Uilenstede

van 29 juni t/m 30 augustus 2026

	<i>Tijd / Time</i>	<i>Les / Class</i>	<i>Studio</i>
Maandag Monday	19:00-20:30	Boksen	studio 1
Dinsdag Tuesday	16:30-18:00 19:30-21:00	BJJ Kickboksen	studio 1
Donderdag Thursday	19:15-21:15 19:30-20:30	Kung Fu/Wushu MMA / BBJ	studio 3 studio 1
Zaterdag Saturday	13:00-14:30	Martial Arts workout	studio 1

Regels voor fitness en groepslessen:

- Neem altijd een **handdoek** mee!
- Breng een mat mee naar de groepslessen
- Reserveren kan voor Paaldansen, Spinning:



<https://sportcentrumvu.nl>

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d.d.: 18 juni 2026

Martial Arts schedule on Uilenstede

June 29th to August 30th 2026

	<i>Tijd / Time</i>	<i>Les / Class</i>	<i>Studio</i>
Maandag Monday	19:00-20:30	Boksen	studio 1
Dinsdag Tuesday	16:30-18:00 19:30-21:00	BJJ Kickboksen	studio 1
Donderdag Thursday	19:15-21:15 19:30-20:30	Kung Fu/Wushu MMA / BBJ	studio 3 studio 1
Zaterdag Saturday	13:00-14:30	Martial Arts workout	studio 1

Rules and regulations for fitness and group lessons

- Make sure to bring a **TOWEL** to the fitness!
- Bring a **MAT** to the group classes
- Book only for Spinning / Pole dance classes:



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d.d.: 18 juni 2026