

# ACTIVITIES - ADULT TIMETABLE

## AUGUST – OCTOBER 2017

DAY	LOCATION	ACTIVITY	TIME
<b>Monday</b>	<b>Red</b>	Step and Tone <b>New Class</b>	08:30 – 09:15
	<b>Red</b>	Pilates on the Mat	09:15 – 10:00
	<b>Yellow</b>	English Lessons I <b>New Teacher</b>	09:15 – 10:45
	<b>Yellow</b>	English Lessons II <b>New Teacher</b>	11:15 – 12:45
<b>Tuesday</b>	<b>Die Haghe Bldg</b>	STRONG (HIIT) Class	08:45 – 09:45
	<b>Green</b>	Nordic Walking	08:30 – 10:00
	<b>Red</b>	Zumba	09:00 – 10:00
<b>Wednesday</b>	<b>Red</b>	BLAST (20 minutes)	08:40 – 09:00
	<b>Red</b>	Pilates on the Mat	09:00 – 09:45
	<b>Yellow</b>	French - Beginners	08:45 – 10:15
<b>Thursday</b>	<b>Die Haghe Bldg</b>	BLAST (20 minutes)	08:40 - 09:00
	<b>Die Haghe Bldg</b>	Legs Bums and Tums <b>New Class</b>	09:00 - 09:45
	<b>Yellow</b>	Photography for Beginners	09:00 – 11:00
	<b>Green</b>	Running Club	08:35 – 09:35
	<b>Red</b>	Namaya Yoga	08:45 – 09:45
	<b>Red</b>		
<b>Friday</b>	<b>Die Haghe Bldg</b>	BLAST (20 minutes)	08:40 – 09:00
	<b>Die Haghe Bldg</b>	Introduction to Power Yoga <b>New Class</b>	09:00 – 10:00
	<b>Yellow</b>	Sewing and Quilting	08:45 – 14:45
	<b>Red</b>	Zumba	09:00 – 10:00
	<b>Red</b>	Dutch Conversation	10:15 – 11:15

**REGISTRATION: -** via our website: [www.thehungrymind.nl](http://www.thehungrymind.nl)

**Pink** = Die Haghe Bldg **Green** = Outdoors **Red** = Portacabin **Yellow** = Yellow Room