

ACTIVITIES - ADULT TIMETABLE

MAY - JULY 2017

DAY	LOCATION	ACTIVITY	TIME
Monday	Die Haghe Bldg	BLAST (20 minutes)	08:45 – 09:05
	Red	Bollywood Dance Club New!	08:45 – 09:45
	Yellow	English Lessons I	09:15 – 10:45
	Yellow	English Lessons II	11:15 – 12:45
	Die Haghe Bldg	Vinyasa Flow Yoga – All levels	13:45 – 14:45
Tuesday	Die Haghe Bldg	STRONG (Hiit) Workout - All Levels New!	08:45 – 09:45
	Green	Nordic Walking	08:45 – 10:00
	Yellow	Photography for Beginners	09:00 – 11:00
	Red	Zumba	09:00 – 10:00
Wednesday	Die Haghe Bldg	BLAST (20 minutes)	08:30 – 08:50
	Die Haghe Bldg	Pilates on the Mat - All Levels	08:50 – 09:50
	Yellow	French - Beginners	08:45 – 10:15
	Red	Yoga Relaxation and Mindful Practice	08:30 – 10:00
Thursday	Die Haghe Bldg	BLAST (20 Minutes)	08:40 - 09:00
	Green	Running Club	08:35 – 09:35
	Red	Namaya Yoga	08:45 – 09:45
	Yellow	Sewing and Quilting	11:00 – 14.45
Friday	Die Haghe Bldg	STRONG (Hiit Workout) - All Levels	08:45 – 09:45
	Yellow	Sewing and Quilting	08:45 – 14:45
	Red	Zumba	09:00 – 10:00
	Red	Dutch Conversation	10:15 – 11:15

REGISTRATION: - via our website: www.thehungrymind.nl

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