

DREAMZ FITNESS

GROUP CLASSES

MONDAY DJALUNA	08:00 - 09:00 BODYPUMP	Aerobics Room
	08:00 - 09:00 SPINNING	Spinning Room
	09:00 - 10:00 STEP AEROBICS	Aerobics Room
	<hr/>	
	18:00 - 19:00 KICKBOXING	Dojo
	18:00 - 19:00 BODYCOMBAT	Aerobics Room
	19:00 - 20:00 ZUMBA	Aerobics Room
20:00 - 21:00 BODYPUMP	Aerobics Room	

TUESDAY DJAMARS	08:00 - 09:00 TOTAL BODY	Aerobics Room
	09:00 - 10:00 BOOTYSHAPE	Aerobics Room
	<hr/>	
	18:00 - 19:00 KIDS KICKBOXING	Dojo
	18:00 - 19:00 BODYPUMP	Aerobics Room
19:00 - 20:00 TOTAL BODY	Aerobics Room	

WEDNESDAY DJARASON	08:00 - 09:00 BODYPUMP	Aerobics Room
	09:00 - 10:00 YOGA	Aerobics Room
	<hr/>	
	16:00 - 17:00 JUDO 13+	Dojo
	17:00 - 18:00 KIDS JUDO 4-12	Dojo
	18:00 - 19:00 KICKBOXING	Dojo
	18:00 - 19:00 SPINNING	Spinning Room
	18:00 - 19:00 ZUMBA	Aerobics Room
19:00 - 20:00 PILATES		

THURSDAY DJAWEPS	08:00 - 09:00 STEP AEROBICS	Aerobics Room
	08:00 - 09:00 SPINNING	Spinning Room
	09:00 - 10:00 PILATES	
	<hr/>	
	18:00 - 19:00 KIDS KICKBOXING	Dojo
	18:00 - 19:00 BODYCOMBAT	Aerobics Room
	19:00 - 20:00 KICKBOXING	Dojo
	19:00 - 20:00 BOOTYSHAPE	Aerobics Room
	20:00 - 21:00 BODYPUMP	Aerobics Room

FRIDAY DJABIERNE	08:00 - 09:00 TOTAL BODY	Aerobics Room
	09:00 - 10:00 BODYPUMP	Aerobics Room
	<hr/>	
	18:00 - 19:00 TEENS KICKBOXING	Dojo
	18:00 - 19:00 ZUMBA	Aerobics Room
19:00 - 20:00 TOTAL BODY	Aerobics Room	

SATURDAY DJASABRA	08:00 - 09:00 YOGA	Aerobics Room
	08:00 - 09:00 SPINNING	Spinning Room
	09:00 - 10:00 ZUMBA	Aerobics Room
	10:00 - 11:00 BODYCOMBAT	Aerobics Room
	10:00 - 11:00 KICKBOXING	Dojo
	11:00 - 12:00 BODYPUMP	Aerobics Room
	11:00 - 12:00 KIDS JUDO 4-12	Dojo
	<hr/>	

Last Update
August 2022

DREAMZ FITNESS BONAIRE

EEG BLVD / DELFINS BEACH RESORT, PUNT VIERKANT 44
FRONT DESK +599 717 04 05 / WHATSAPP +599 796 40 16
EMAIL: INFO@DREAMZFITNESS.COM