

# training

**Jeugd Trainingen** 1 of 2 keer per week een afwisselende bouldertraining in een eigen vaste groep. Eens per 8 weken organiseren we onze eigen jeugd-competitie, de Cube Jeugd Cup. Eerst alleen bij een training komen kijken is ook mogelijk.

		14.30 - 16.00 Basisschool I (instroom)			
			16.00 - 17.30 Basisschool II (gevorderd)		
	17.00 - 18.00 Mini's (6-8 jaar)	17.30 - 19.30 Training Top Climbing Twente		11.00 - 12.30 Basisschool (alle groepen)	
17.30 - 19.30 Training Top Climbing Twente	18.00 - 19.30 Middelbare school I (instroom)	18.00 - 19.30 Middelbare school II (gevorderd)		17.30 - 19.30 Training Top Climbing Twente	12.30 - 14.00 Middelbare school (alle groepen)
<b>MAANDAG</b>	<b>DINSDAG</b>	<b>WOENSDAG</b>	<b>DONDERDAG</b>	<b>VRIJDAG</b>	<b>ZATERDAG</b>
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>

19.00 - 20.00  
Physio walk-in

19.30 - 21.00  
**Intro Basics**  
4 classes - every  
other month

**Intro Basics** Learn basic techniques and the ins and outs of bouldering.

19.30 - 21.00  
**Technics**

**Technics** Refine your climbing techniques. Beginners start with the 'Intro Basics' first.

19.30 - 20.30  
**Strength walk-in**  
(weekly)

**Power & Endurance** Become stronger and get a better stamina. Beginners start with the 'Intro Basics' first.

19.30 - 21.00  
**Power & Endurance**

**Physio walk-in** to help you with injuries and injury prevention. You will be helped by a physiotherapist of Topvorm Twente.



**CUBE MASTERCLASSES**  
In 2019 Cube will offer some Masterclasses. In these (1 or more) classes given by the masters we will go deeper into climbing techniques, training and training planning. Keep an eye on our Facebook page, website and event board in Cube.

**Strength walk-in** to help you with strength training / injury prevention based on the FIT-climbing methode.



Jeugdabonnement incl trainingen (2 per week) € 31,-.  
Volwassen trainingsabonnement € 45,- (voor deelname aan de wekelijkse trainingen, excl. Intro Basics).  
Walk-ins for free | Intro Basics (4 classes) € 30,- | Costs Masterclasses will change per class.

# CUBE

## BOULDERGYM