

Groepslesrooster

Vanaf 1 november 2020

	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
09:00 – 10:00	Bodyshape	Yoga	Dance & Shape	Senioren-Fit	Bodyshape	Yoga	Spinning
09:15 – 10:15			Circuit training				
09:30 – 10:30					Circuit training		
10:00 – 11:00	Spinning	Senioren-Fit	Pilates	Kickboksen	Step	Spinning	
10:15 – 11:15							Circuit training
10:30 – 11:30							Dance & Shape
11:00 – 12:00			Kickboksen		Yoga	Pump-Fit	
14:00 – 15:30			Yin-Yoga				
19:00 – 20:00	Spinning	Kickboksen	Pump-Fit	Yoga	Yogalates		
19:15 – 20:15	Circuit training						
20:00 – 21:00	Pump-Fit	Bodyshape	Spinning	Kickboksen			