

Groepslesrooster

vanaf 14 april 2022



	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
Openingstijden	07:00-22:00	08:00-22:00	07:00-22:00	08:00-22:00	07:00-21:00	08:45-14:00	08:45-14:00
09:00 – 10:00	Bodyshape	Yoga	Dance & Shape	Senioren-Fit	Bodyshape	Yoga	Spinning
			Circuit training				
09:30 – 10:30					Circuit training		
10:00 – 11:00	Spinning	Senioren-Fit	Pilates	Kickboksen	Step	Spinning	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		
	Circuit training						
20:00 – 21:00	Pump-Fit	Bodyshape	Spinning	Kickboksen			