

	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
<b>Openingstijden</b>	<b>07:00-22:00</b>	<b>08:00-22:00</b>	<b>07:00-22:00</b>	<b>08:00-22:00</b>	<b>07:00-21:00</b>	<b>08:45-14:00</b>	<b>08:45-14:00</b>
<b>09:00 – 10:00</b>	Bodyshape	Yoga	Dance & Shape	Senioren-Fit	Bodyshape	Yoga	Spinning
<b>09:00 – 10:00</b>			Circuit training				
<b>09:30 – 10:30</b>					Circuit training		
<b>10:00 – 11:00</b>	Spinning	Senioren-Fit	Pilates	Kickboksen	Step	Spinning	Circuit training
<b>10:00 – 11:00</b>		Circuit training					
<b>10:30 – 11:30</b>							Dance & Shape
<b>11.00 – 12:00</b>	Pilates		Kickboksen		Yoga	Pump-Fit	
<b>14.00 – 15.30</b>			Yin-Yoga				
<b>19:00 – 20:00</b>	Spinning	Kickboksen	Pump-Fit	Yoga	Yogalates		
	Circuit training						
<b>20:00 – 21:00</b>	Pump-Fit	Bodyshape	Spinning	Kickboksen			