

Groepslesrooster

vanaf 1 april 2025



	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
09:00 – 10:00			Circuit training				
09:30 – 10:30					Circuit training		
10:00 – 11:00	Spinning	Senioren-Fit	Pilates	Kickboksen	Step	Spinning	Circuit training
10:00 – 11:00		Circuit training					
10:30 – 11:30							Dance & Shape
11:00 – 12:00	Pilates	Senioren-Fit	Kickboksen	Senioren-Fit	Yoga	Pump-Fit	
12:00 – 13:00					Yoga		
19:00 – 20:00	Spinning	Kickboksen	Circuit strength	Yoga	Yoga		
	Circuit training						
20:00 – 21:00	Pump-Fit	Bodyshape	Spinning	Kickboksen			