

# Groepslesrooster

vanaf 1 januari 2026



	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
			Circuit Training				
<b>09:30 – 10:30</b>					Circuit Training		
<b>10:00 – 11:00</b>	Spinning	Senioren-Fit	Pilates	Kickboksen	Dance & Shape	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	Senioren-Fit	Kickboksen	Senioren-Fit	Yoga	Pump-Fit	
<b>12:00 – 13:00</b>					Yoga		
<b>19:00 – 20:00</b>	Spinning	Kickboksen	Circuit Strength	Yoga	Yoga		
	Circuit Training						
<b>20:00 – 21:00</b>	Circuit Strength	Bodyshape	Spinning	Kickboksen			