SPORT 2000 LEUSDEN

Lesrooster

GL = Groepslessenzaal	**S** = Spinningzaal

Maandag **Geopend:** **07.30 tot 22.00 uur**		**Dinsdag** **Geopend:** **07.30 tot 22.00 uur**		**Woensdag** **Geopend:** **07.30 tot 22.00 uur**		**Donderdag** **Geopend:** **07.30 tot 22.00 uur**		**Vrijdag** **Geopend:** **07.30 tot 22.00 uur**		**Zaterdag** **Geopend :** **08.00 tot 15.00 uur**		**Zondag** **Geopend:** **08.30 tot 15.00 uur**	
09.15 Core-Stability	GL	**09.00** Bodyshape	GL	**09.00** Dance	GL	**09.00** Bodyshape	GL	**08.30** Core-Stability	GL	**09.00** High Energy	GL	**10.00** Zumba	GL
10.00 Club Power	GL	**19.00** Pilates	GL	**10.00** Bodyshape	GL	**19.15** BoksFit	GL	**09.00** Bodyshape	GL	**09.00** Small Group	GL	**11.00** Club Power	GL
13.00 Pilates	GL	**19.30** Spinning	S	**11.00** Senior Shape	GL	**19.30** Spinning	S	**10.00** Zumba	GL	**09.00** Spinning	S	**12.15** Kick Boksen	GL
14.00 Pilates	GL	**20.00** Bootcamp	GL	**17.00** Callanetics	GL	**20.15** Yoga	GL	**11.00** Senior Shape	GL	**10.00** Bootcamp	GL		
19.00 Zumba	GL			**18.00** Zumba	GL								
19.00 Small Group	GL			**19.00** Bodyshape	GL								
20.00 Bodyshape	GL			**20.00** Pilates	GL								
21.00 Steps	GL												