

LESROOSTER



MAANDAG 7.30 – 22.00 uur	DINSDAG 7.30 – 22.00 uur	WOENSDAG 7.30 – 22.00 uur	DONDERDAG 7.30 – 22.00 uur	VRIJDAG 7.30 – 22.00 uur	ZATERDAG 8.00 – 15.00 uur	ZONDAG 8.30 – 15.00 uur
09.15 Core-Stability G	09.00 Bodyshape G	10.00 Bodyshape G	09.00 Bodyshape G	08.30 Core-Stability G	09.00 High Energy G	10.00 Zumba G
10.00 Club Power G	19.00 Pilates G	11.00 Senior Shape G	19.15 BoksFit G	09.00 Bodyshape G	09.00 Small Group F	12.15 KickBoksen G
13.00 Pilates G	19.30 Spinning S	17.00 Callanetics G	19.30 Spinning S	10.00 Zumba G	09.00 Spinning S	
14.00 Pilates G	20.00 Bootcamp G	18.00 Zumba G	20.15 Yoga G	11.00 Senior Shape G	10.00 Bootcamp G	
19.00 Zumba G		19.00 Bodyshape G				
20.00 Bodyshape G		20.00 Pilates G				

G = Groepsleszaal **F** = Fitnesszaal **S** = Spinningzaal