

MAANDAG

DINSDAG

WOENSDAG

DONDERDAG

VRIJDAG

ZATERDAG

GROEPSLESSEN

09:15-09:45	SENIORENGYM
10:00-11:00	BODYSHAPE
11:00-12:00	ZUMBA
17:45-18:45	ZUMBA
18:45-19:45	LES MILLS BODYPUMP
19:45-20:45	STEPS 2
20:45-21:30	SH'BAM

SPINNING

18:15-19:00	SPINNING
19:15-20:00	SPINNING
20:15-21:00	SPINNING

KRANKING

18:30-19:00	KRANKING
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CIRCUITTRAINING

10:30-11:00	CIRCUITTRAINING
17:00-17:30	CIRCUITTRAINING

MOVE-IT CIRCUIT

20:00-20:20	MOVE-IT CIRCUIT
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BUIKSPIERSESSIE

11:00-11:15	BUIKSPIERSESSIE
16:30-16:45	BUIKSPIERSESSIE
19:30-19:45	BUIKSPIERSESSIE

GROEPSLESSEN

09:30-10:30	LES MILLS BODYBALANCE
10:30-11:30	GROUND CONTROL / PILATES
18:45-19:45	LES MILLS BODYCOMBAT
19:45-20:45	AEROBICS 2
20:45-21:45	LES MILLS BODYBALANCE

SPINNING

18:15-19:00	SPINNING
19:15-20:00	SPINNING
20:15-21:00	SPINNING

KRANKING

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CIRCUITTRAINING

10:00-10:30	CIRCUITTRAINING
17:30-18:00	CIRCUITTRAINING

MOVE-IT CIRCUIT

20:00-20:20	MOVE-IT CIRCUIT
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BUIKSPIERSESSIE

10:30-10:45	BUIKSPIERSESSIE
19:30-19:45	BUIKSPIERSESSIE

GROEPSLESSEN

10:00-11:00	LES MILLS BODYPUMP
18:45-19:30	SH'BAM
19:45-20:45	BODYSHAPE
20:45-21:45	LES MILLS BODYPUMP

SPINNING

09:00-09:45	SPINNING
19:15-20:00	SPINNING
20:15-21:00	SPINNING
21:15-22:00	SPINNING

KRANKING

18:30-19:00	KRANKING
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CIRCUITTRAINING

10:00-10:30	CIRCUITTRAINING
19:00-19:30	CIRCUITTRAINING

MOVE-IT CIRCUIT

20:00-20:20	MOVE-IT CIRCUIT
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BUIKSPIERSESSIE

10:30-10:45	BUIKSPIERSESSIE
19:30-19:45	BUIKSPIERSESSIE

GROEPSLESSEN

09:30-10:30	ZUMBA
18:45-19:45	LES MILLS BODYPUMP
19:45-20:45	LES MILLS BODYCOMBAT
20:45-21:45	BODYSHAPE

SPINNING

19:15-20:00	SPINNING
20:15-21:00	SPINNING

CIRCUITTRAINING

10:30-11:00	CIRCUITTRAINING
18:30-19:00	CIRCUITTRAINING

MOVE-IT CIRCUIT

20:30-20:50	MOVE-IT CIRCUIT
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BUIKSPIERSESSIE

10:00-10:15	BUIKSPIERSESSIE
19:00-19:15	BUIKSPIERSESSIE

GROEPSLESSEN

10:30-11:30	BODYSHAPE
17:45-18:45	LES MILLS BODYPUMP
18:45-19:45	LES MILLS BODYBALANCE
19:45-20:45	SH'BAM

SPINNING

09:30-10:15	SPINNING
19:15-20:00	SPINNING
20:15-21:00	SPINNING

KRANKING

20:00-20:30	KRANKING
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CIRCUITTRAINING

10:00-10:30	CIRCUITTRAINING
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MOVE-IT CIRCUIT

09:30-09:50	MOVE-IT CIRCUIT
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BUIKSPIERSESSIE

10:30-10:45	BUIKSPIERSESSIE
19:30-19:45	BUIKSPIERSESSIE

GROEPSLESSEN

10:00-11:00	LES MILLS BODYPUMP
11:00-12:00	LES MILLS BODYCOMBAT
12:00-13:00	ZUMBA

SPINNING

09:30-10:00	SPINNING TECHNIEK
10:15-11:00	SPINNING
11:15-12:00	SPINNING

KRANKING

09:30-10:00	KRANKING
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MOVE-IT CIRCUIT

11:30-11:50	MOVE-IT CIRCUIT
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BUIKSPIERSESSIE

11:15-11:30	BUIKSPIERSESSIE
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ZONDAG

GROEPSLESSEN

09:15-10:15	GROUND CONTROL MET BAL
10:15-11:00	YOGA
11:00-12:00	AEROBICS 2

SPINNING

09:15-10:00	SPINNING
10:15-11:00	SPINNING
11:15-12:00	SPINNING

KRANKING

10:30-11:00	KRANKING
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MOVE-IT CIRCUIT

10:00-10:20	MOVE-IT CIRCUIT
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BUIKSPIERSESSIE

11:30-11:45	BUIKSPIERSESSIE
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