



08.45 09.00 09.30 10.00 10.15 10.30 11.00 11.30 12.15 12.45 16.00 16.45 17.15 18.00 18.15 18.30 19.00 19.15 19.30 20.00 20.15 20.30 21.00 21.30 21.40

maandag	ZAAL 1	Bodyshape	Sportfit 50+						Buik	Bodyshape	Power Yoga	ZAAL 1
	ZAAL 2		Pilates beginners					X-treme	Pump!		ZAAL 2	
	ZAAL 3	Spinning & Shape						Spinning			ZAAL 3	
dinsdag	ZAAL 1	Body Power Mix	Body Flow							Bodyshape	Yin Yang Yoga	ZAAL 1
	ZAAL 2				body weight only					Buik	Kick!	ZAAL 2
	ZAAL 3									Spinning		ZAAL 3
woensdag	ZAAL 1	Bodyshape	Hatha Yoga						Buik	Zumba VOL	Pilates	ZAAL 1
	ZAAL 2	Total Bodyshape	Pilates					Yin Yoga	Pump!	Yin Yoga	ZAAL 2	
	ZAAL 3										ZAAL 3	
donderdag	ZAAL 1	Bodyshape	Sportfit 50+	Kidsfit	Streetdance				Buik	Bodyshape	Pilates	ZAAL 1
	ZAAL 2								Zumba	Yin Yoga	ZAAL 2	
	ZAAL 3								Spinning		ZAAL 3	
	OUTDOOR								Outdoor Bootcamp		Outdoor	
vrijdag	ZAAL 1	Core & Shape	Pilates								ZAAL 1	
	ZAAL 2	Circuittraining 50+	Yin Yoga								ZAAL 2	
	ZAAL 3	Spinning & Hiit								ZAAL 3		
zaterdag	ZAAL 1	Power Yoga									ZAAL 1	
	ZAAL 2	Buik	Bodyshape							ZAAL 2		
	ZAAL 3	Spinning							ZAAL 3			
zondag	ZAAL 1	Bodyshape	Pilates								ZAAL 1	
	ZAAL 2	Yin Yoga								ZAAL 2		
	ZAAL 3	Spinning						ZAAL 3				

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