



08:00 08:30 09:00 09:30 10:00 10:30 11:00 11:30 18:30 19:00 19:30 20:00 20:30 21:00 21:30

| Day       | Room   | 08:30-09:00         | 09:00-09:30          | 09:30-10:00   | 10:00-10:30             | 10:30-11:00              | 11:00-11:30 | 11:30-18:30 | 18:30-19:00 | 19:00-19:30           | 19:30-20:00 | 20:00-20:30            | 20:30-21:00 | 21:00-21:30 |
|-----------|--------|---------------------|----------------------|---|-------------------------|--------------------------|-------------|-------------|-------------|-----------------------|-------------|------------------------|-------------|-------------|
| maandag   | ZAAL 1 | HIIT<br>Joan        |                      | Pump & Shape<br>Joan  |                         | Pilates<br>Larissa       |             |             |             | Pump!<br>Marian       |             | Power Yoga<br>Marian   |             |             |
|           | ZAAL 2 |                     | KeepFit<br>Nonna     |   |                         |                          |             |             |             | Fit&shape<br>Nathasja |             | Yin Yoga<br>Mirjam     |             |             |
|           | ZAAL 3 |                     |                      |   |                         |                          |             |             |             | Spinning<br>Dick      |             |                        |             |             |
| dinsdag   | ZAAL 1 |                     |                      |   |                         |                          |             |             |             | Bodyshape<br>Marja    |             | Yin Yang Yoga<br>Marja |             |             |
|           | ZAAL 2 |                     |                      |   |                         |                          |             |             |             | Kick<br>Inge          |             | Yoga&Nidra<br>Marjan   |             |             |
|           | ZAAL 3 |                     |                      |   |                         |                          |             |             |             | Spinning<br>Dick      |             |                        |             |             |
| woensdag  | ZAAL 1 |                     | Bodyshape<br>Nonna   |   | Flow & Pilates<br>Nonna |                          |             |             |             | Zumba<br>Delano       |             | Pilates<br>Gerda       |             |             |
|           | ZAAL 2 | Flow Yoga<br>Mirjam |                      |   |                         |                          |             |             |             | Pump!<br>Laura        |             | Yin Yoga<br>Laura      |             |             |
|           | ZAAL 3 |                     |                      |   |                         |                          |             |             |             | Spinning<br>André     |             |                        |             |             |
| donderdag | ZAAL 1 |                     | Bodyshape<br>Lea     |   | Keep Fit<br>Nonna       |                          |             |             |             | Bodyshape<br>Marja    |             | Pilates<br>Marja       |             |             |
|           | ZAAL 2 |                     |                      |   |                         |                          |             |             |             |                       |             |                        |             |             |
|           | ZAAL 3 |                     |                      |   |                         |                          |             |             |             | Spinning<br>Jolanda   |             |                        |             |             |
| vrijdag   | ZAAL 1 | HIIT<br>Joan        |                      | Pump & Shape<br>Joan  |                         | Pilates<br>Elvira        |             |             |             |                       |             |                        |             |             |
|           | ZAAL 2 |                     |                      |   |                         | Yin Yoga<br>Marian       |             |             |             | Power Yoga<br>Frank   |             |                        |             |             |
|           | ZAAL 3 |                     |                      |   |                         |                          |             |             |             |                       |             |                        |             |             |
| zaterdag  | ZAAL 1 |                     | Power Yoga<br>Marian |   | Bodyshape<br>Petra      |                          |             |             |             |                       |             |                        |             |             |
|           | ZAAL 2 |                     |                      |   | Zumba<br>Hanneke        |                          |             |             |             |                       |             |                        |             |             |
|           | ZAAL 3 |                     |                      |   | Spinning<br>Jolanda     |                          |             |             | 11:55       |                       |             |                        |             |             |
| zondag    | ZAAL 1 |                     |                      | Bodyshape<br>Marian/Nathasja/Marja/Mara<br>Inge/Nonna/Petra |                         | Pilates<br>Elvira/Marian |             |             |             |                       |             |                        |             |             |
|           | ZAAL 2 |                     |                      |   |                         | Yin Yoga **<br>Christa   |             |             |             |                       |             |                        |             |             |
|           | ZAAL 3 |                     |                      | Spinning<br>Mourad  |                         |                          |             |             |             |                       |             |                        |             |             |

**De lichtste kleuren geven de mildste les aan**

- Actieve lessen
- Yoga, Pilates, Mindful
- Zumba
- Spinning
- Tijdelijke STOP

\*\* Iedere eerste zondag van de maand 75 minuten yin&nidra