



MAANDAG		DINSDAG		WOENSDAG		DONDERDAG		VRIJDAG	
09:00	Ying Yang Yoga (1)	09:00	TotalBody Workout (1)	08:45	Aquafit (1)	09:00	Step (1)	09:00	Figuurtraining (1)
10:15	BBB (1)	10:15	Aquafit (3)	09:00	TotalBody Workout (1)	09:30	Aquasenior (3)	10:00	Pilates (1)
10:15	AquaSenior (3)	19:00	Adbo Workout (1)	09:30	Cycling (2)	10:15	Fatbruner (1)	19:15	HotYoga (3)
11:15	AquaSenior (3)	19:00	Running Team (4)	10:00	Easyfit (1)	19:00	ClubPower(1)		
19:00	ClubPower (2)	19:00	AquaBalance (3)	14:00	YouthFitness (5)	20:15	Cycling (2)		
19:00	AquaBalance (3)	20:00	JustBoxing (1)	19:00	Fatburner (1)				
20:00	Pilates (1)	20:00	AquaZumba (3)	19:00	Aquajogging (3)				
20:15	Cycling (2)			20:15	Pilates (1)				

## TYPE LES

- Kracht (1hr)
- Conditie (1hr)
- Mix (1hr)
- Body & Mind (1hr)
- Aqua (45 min)





# UURROOSTER GROEPSLESSEN

