



MAANDAG		DINSDAG		WOENSDAG		DONDERDAG		VRIJDAG	
09:00	Ying Yang Yoga (1)	09:00	TotalBodyWorkout (1)	08:45	AquaFit (3)	09:00	Stepmix (1)	09:00	Figuurtraining (1)
10:15	BBB (1)	10:15	AquaFit (3)	08:45	TotalBodyWorkout (1)	09:30	Aquasenior (3)	10:00	Pilates (1)
10:15	AquaSenior (3)	10:15	PopPilates (1)	10:00	Cycling (2)	10:15	Fatburner (1)	19:00	YouthFitness (5)
11:15	AquaSenior (3)	19:00	AdboWorkout (1)	10:00	Easyfit (1)	19:00	ClubPower (1)	19:15	HotYoga (3)
19:00	ClubPower (2)	19:00	Running Team (4)	14:00	YouthFitness (5)	19:00	AquaFit (3)		
19:00	AquaBalance (3)	19:00	AquaPilates (3)	19:00	Fatburner (1)	20:00	Zumba		
20:00	Pilates (1)	20:00	JustBoxing (1)	20:00	AquaJogging (3)	20:15	Cycling (2)		
20:15	Cycling (2)	20:00	AquaZumba (3)	20:15	Pilates (1)				

TYPE LES

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



UURROOSTER GROEPSLESSEN

