



MAANDAG		DINSdag		WOENSDAG		DONDERDAG		VRIJDAG		ZATERDAG		ZONDAG	
				10u - 11u	Total Body Shape	9u30 – 10u30	Aquafit	10u-11u	Pilates			10u-11u	HIIT
				11u30 – 12u30	Aquafit					11u-12u	Club Power	11u15 – 12u15	Cross-Training
18u30 – 19u30	Zumba	19u – 20u	BBB	19u – 20u	Club Power	18u30 – 19u30	Zumba	19u-20u	TBW				
		19u – 20u	Aqua-balance	20u – 21u	Aqua-zumba	<u>TYPE LES</u>							

TYPE LES



Kracht

Conditie

Mix



Body & Mind
Aqua