



MAANDAG		DINSDAG		WOENSDAG		DONDERDAG	
09:30	BBB	18:00	Bootcamp	17:00	Easy Aquafit	10:45	BBB
10:45	Yoga	19:00	Dance	18:00	Cycling	19:00	Power
19:00	Yoga	20:00	Total body	19:00	cycling	20:00	Pilates
20:00	Total body	20:15	Aqua Zumba	20:00	Zumba		

	Kracht
	Conditie
	Mix
	Body & mind