



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	ZAAL 1	ZAAL 2	ZAAL 3
maandag	08:30-09:15: HIIT Joan	09:30-10:25: KeepFit Nonna	10:30-11:25: Pilates Larissa
			19:30-20:25: Pump! Marian
			20:30-21:25: Yin Yoga Mirjam
			19:30-20:25: Bodyshape Nathasja
			19:30-20:25: Spinning Dick
dinsdag			19:30-20:25: Bodyshape Marja
			20:30-21:25: Yin Yang Yoga Marja
			19:30-20:25: Kick Inge
			20:30-21:25: Yoga&Nidra Marjan
woensdag	08:30-09:15: Flow Yoga Mirjam	09:30-10:25: Bodyshape Nonna	10:30-11:25: Flow & Pilates Nonna
			19:30-20:25: Zumba Delano
			20:30-21:25: Pilates Gerda
			19:30-20:25: Pump! Laura
			20:30-21:25: Yin Yoga Laura
			19:30-20:25: Spinning André
donderdag	08:30-09:15: Bodyshape Lea	09:30-10:25: Keep Fit Nonna	19:30-20:25: Bodyshape Marja
			20:30-21:25: Pilates Marja
			19:00-19:45: Zumba Marlijn/Elaine
			19:30-20:25: Spinning Jolanda
vrijdag	08:30-09:15: HIIT Joan	09:30-10:25: Pump & Shape Joan	10:30-11:25: Pilates Elvira
			10:30-11:25: Yin Yoga Marian
zaterdag	09:00-09:45: Power Yoga Marian	09:55-10:45: Bodyshape Petra	11:55
			10:30-11:25: Zumba Hanneke
			10:30-11:25: Spinning Jolanda
zondag	09:30-10:25: Bodyshape Marian/Nathasja/Marja/Mara Inge/Nonna/Petra	10:30-11:25: Pilates Elvira/Marian	
			10:30-11:25: Yin Yoga ** Christa
			09:30-10:25: Spinning Mourad

De lichtste kleuren geven de mildste les aan

- Actieve lessen
- Yoga, Pilates, Mindful
- Zumba
- Spinning
- ZOMERSTOP

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