



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
<b>maandag</b>	08:30-09:15: <b>HIIT</b> Joan	09:30-10:25: <b>Pump &amp; Shape</b> Joan	10:30-11:25: <b>Pilates</b> Larissa
		09:30-10:25: <b>KeepFit</b> Nonna	
			19:30-20:25: <b>Pump!</b> Marian
			19:30-20:25: <b>Fit&amp;shape</b> Nathasja
			20:30-21:25: <b>Yin Yoga</b> Mirjam
			19:30-20:25: <b>Spinning</b> Dick
<b>dinsdag</b>			19:30-20:25: <b>Bodyshape</b> Marja
			20:30-21:25: <b>Yin Yang Yoga</b> Marja
			19:30-20:25: <b>Kick</b> Inge
			20:30-21:25: <b>Yoga&amp;Nidra</b> Marjan
			19:30-20:25: <b>Spinning</b> Dick
<b>woensdag</b>	09:00-09:45: <b>Bodyshape</b> Nonna	09:45-10:30: <b>Flow &amp; Pilates</b> Nonna	
	08:30-09:15: <b>Flow Yoga</b> Mirjam		
			19:30-20:25: <b>Zumba</b> Delano
			20:30-21:25: <b>Pilates</b> Gerda
			19:30-20:25: <b>Pump!</b> Laura
			20:30-21:25: <b>Yin Yoga</b> Laura
			19:30-20:25: <b>Spinning</b> André
<b>donderdag</b>	09:00-09:45: <b>Bodyshape</b> Lea	09:45-10:30: <b>Keep Fit</b> Nonna	
			19:30-20:25: <b>Bodyshape</b> Marja
			20:30-21:25: <b>Pilates</b> Marja
			18:30-19:25: <b>Zumba</b> Marlijn/Elaine
			19:30-20:25: <b>Spinning</b> Jolanda
<b>vrijdag</b>	08:30-09:15: <b>HIIT</b> Joan	09:30-10:25: <b>Pump &amp; Shape</b> Joan	10:30-11:25: <b>Pilates</b> Elvira
			10:30-11:25: <b>Yin Yoga</b> Marian
			19:30-20:25: <b>Power Yoga</b> Frank
<b>zaterdag</b>	09:00-09:45: <b>Power Yoga</b> Marian	09:45-10:30: <b>Bodyshape</b> Petra	
		10:30-11:25: <b>Zumba</b> Hanneke	
		10:30-11:25: <b>Spinning</b> Jolanda	
<b>zondag</b>	09:30-10:25: <b>Bodyshape</b> Marian/Nathasja/Marja/Mara Inge/Nonna/Petra	10:30-11:25: <b>Pilates</b> Elvira/Marian	
		10:30-11:25: <b>Yin Yoga **</b> Christa	
	09:30-10:25: <b>Spinning</b> 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