

LESROOSTER

| MAANDAG 7.30 – 22.00 uur | DINSDAG 7.30 – 22.00 uur | WOENSDAG 7.30 – 22.00 uur | DONDERDAG 7.30 – 22.00 uur | VRIJDAG 7.30 – 22.00 uur | ZATERDAG 8.00 – 15.00 uur | ZONDAG 8.30 – 15.00 uur |
|---|--|---------------------------------------|--------------------------------------|---|--------------------------------------|-------------------------------------|
| 09.15 Core-Stability G | 09.00 Bodyshape G | 10.00 Bodyshape G | 09.00 Bodyshape G | 08.30 Core-Stability G | 09.00 High Energy G | 10.00 Zumba G |
| 10.00 Club Power G | 10.00 Pilates Shape G | 11.00 Senior Shape G | 19.00 BoksFit G | 09.00 Bodyshape G | 10.00 Bootcamp G | 11.15 KickBoksen G |
| 13.00 Pilates G | 19.00 Pilates G | 17.00 Callanetics G | 20.00 Zumba G | 10.00 Zumba G | | |
| 14.00 Pilates G | 20.00 Bootcamp G | 18.00 Zumba G | | 11.00 Senior Shape G | | |
| 19.00 Zumba G | | 19.00 High Energy G | | | | |
| 20.00 Bodyshape G | | 20.00 Pilates G | | | | |

G = Groepsleszaal **F** = Fitnesszaal **S** = Spinningzaal