



LESROOSTER

VANAF 12 SEPTEMBER

Let op: Het is verplicht om u in te schrijven voor alle lessen.

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
08:15 (30 min.) We-Move Judith	08:15 (30 min.) We-Move Judith	08:30 Club Power 30 Robin B	08:15 (30 min.) We-Move Judith			
08:45 (15 min.) Buikspierkwartier Judith	08:45 (15 min.) Buikspierkwartier Judith	09:00 XCORE Robin B	08:45 (15 min.) Buikspierkwartier Judith			09:15 (15 min.) BuRN Karin/Romy
09:00 Body Shape Judith	09:00 Boksfit Judith	09:45 Booty Class Robin B	09:00 Xco Shape Judith	09:00 Body Shape Judith	09:15 (45 min.) BuRN Robin B/Robin V	10:00 Club Power Karin/Romy
10:00 Yin Yoga Judith	10:00 Senioren Fitness Judith	10:15 (45 min.) BuRN Robin B	10:00 Senioren Fit Judith	10:00 Pilates Judith	10:00 (45 min.) XCORE Robin B/Robin V	10:00 Spinning Meriam
11:00 (30 min.) Meditatie Judith	11:00 Yin Yoga Judith	18:00 Step Aerobics Karin	11:00 (45 min.) Klankschaal Meditatie Judith		10:45 HIIT Barbell Robin B/Robin V	11:00 HIIT Barbell Karin/Romy
17:45 Boksfit Judith	17:45 (30 min.) B.B.B. Judith	18:00 + 19:00 Spinning Meriam	18:00 Box Fight Romy	18:15 BuRN Robin v V	11:15 Box Fight Robin B/Robin V	11:30 Box Fight Karin/Romy
18:30 Spinning Meriam	18:15 Pilates Judith	18:30 BuRN Karin	18:30 (15 min.) Buikspierkwartier Romy	19:00 Booty Class Robin v V		
18:45 Body Shape Judith	19:30 Club Power Karin	19:15 XCORE Karin	18:45 (45 min.) BuRN Romy	19:30 Club Power Karin		
19:45 (45 min.) XCORE Romy	20:30 XCORE Karin	20:00 Booty Class Karin	19:30 Booty Class Romy			
20:30 Zumba Nathalie		20:30 Pilates Karin	20:00 Pilates Romy			
			20:30 Zumba 3 Meiden			