



**LESROOSTER**  
VANAF 5 JUNI

**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	10:00 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		09:00 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		10:00 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		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	18:30 Spinning   Meriam	18:00 Box Fight   Romy	18:30 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 Booty Class   Karin	18:30 (15 min.) Buikspierkwartier   Romy	19:15 Booty Class   Robin v V		
18:45 Body Shape   Judith	19:30 Club Power   Karin	19:00 Pilates   Karin	18:45 (45 min.) BuRN   Romy	19:45 Club Power   Karin / Robin		
19:45 (45 min.) XCORE   Romy	20:30 XCORE   Karin	19:30 BuRN   Karin	19:30 Booty Class   Romy			
20:30 Zumba   Nathalie		20:15 XCORE   Karin	20:00 Pilates   Romy			
			20:30 Zumba   Ernst			