



LESROOSTER

VANAF 1 OKTOBER

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 | 09:00 XCORE Robin B | 08:15 (30 min.) We-Move Judith | | | |
| 08:45 (15 min.) Buikspierkwartier Judith | 08:45 (15 min.) Buikspierkwartier Judith | | 08:45 (15 min.) Buikspierkwartier Judith | | | 09:30 (15 min.) Club Power Karin/Romy |
| 09:00 Body Shape Judith | 09:00 Boks Fit Judith | | 09:00 Xco Shape Judith | 09:00 Body Shape Judith | 09:15 (45 min.) BuRN Robin B/Robin V | 10:00 Spinning Meriam |
| 10:00 Yin Yoga Judith | 10:00 Senioren Fitness Judith | | 10:00 Senioren Shape Judith | 10:00 Pilates Judith | 10:00 (45 min.) XCORE Robin B/Robin V | 10:30 Burning XCORE Karin/Romy |
| 11:00 (30 min.) Meditatie Judith | | 18:30 Pilates Karin | 11:00 (45 min.) Klankschaal Meditatie Judith | | 10:45 HIIT Barbell Robin B/Robin V | 11:15 HIIT Barbell Karin/Romy |
| 17:45 Boks Fit Judith | 17:45 (30 min.) B.B.B. Judith | 18:30 Spinning Meriam | 18:00 Box Fight Romy | 18:30 Burning XCORE Robin v V | 11:15 Box Fight Robin B/Robin V | 11:45 Box Fight Karin/Romy |
| 18:30 Spinning Meriam | 18:15 Pilates Judith | 19:00 Booty Karin | 18:30 (15 min.) Buikspierkwartier Romy | 19:15 Booty Robin v V | | |
| 18:45 Body Shape Judith | 19:30 Club Power Karin | 19:30 Step Aerobics Karin | 18:45 (45 min.) BuRN Romy | 19:45 Club Power Robin | | |
| 19:45 (45 min.) XCORE Romy | 20:30 XCORE Karin | 20:00 BuRN Karin | 19:30 Booty Romy | | | |
| 20:30 Zumba Nathalie | | | 20:00 Pilates Romy | | | |
| | | | 20:30 Zumba Ernst | | | |