

Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
Groepsfitness zaal	Groepsfitness zaal	Groepsfitness zaal	Groepsfitness zaal	Groepsfitness zaal	Groepsfitness zaal	Groepsfitness zaal
09.00 Powerburn 10.00 50+Fit 13.15 ClubPower 17.00 Kickboxx 12-16jr 18.15 Core 18.45 Step 19.45 BodyForm 20.45 Boksen	09.00 Pilates 18:30 Buik 1/4 18.45 Piloxing 19.45 ClubPower 20.45 KickBoxx	09.00 ClubPower 10.00 Pilates 17.00 Kickboxx 12-16 jr 18.15 Core 18.45 BodyForm 19.45 Zumba 20.45 Piloxing (studio) 20.45 Boksen	09.00 Bodyform (studio) 09.00 Pilates 10.00 50+Fit 18.30 Buik 1/4 18.45 FatAttack 19.45 ClubPower 20.45 Clubboxx	09.00 ClubPower 10.00 RugFit 13.15 BodyForm	09.00 Pilates 10.00 FatAttack	09.30 Clubpower 10.30 Piloxing
Hot Yoga Studio	Hot Yoga Studio	Hot Yoga Studio	Hot Yoga Studio	Hot Yoga Studio	Hot Yoga Studio	Hot Yoga Studio
09.00 PowerYoga 17.30 HotB (90min) 19.00 HathaYoga 20.00 YinYoga	09.00 YinYoga 13.15 HathaYoga 20.00 YinYoga	19.15 HotB 40°C	13.15 Hatha Yin Yoga 19.45 PowerYoga	09.00 HathaYoga 19.15 Yinflow	11.00 PowerYoga 30	11.30 YinYoga 30°C
PowerCross zaal	PowerCross zaal	PowerCross zaal	PowerCross zaal	PowerCross zaal		
09.15 PowerCross 19.00 PowerCross 20.00 PowerCross	09.15 PowerCross 19.00 PowerCross 20.00 PowerCross	09.15 PowerCross 19.00 PowerCross 20.00 PowerCross	09.15 PowerCross 19.00 PowerCross 20.00 PowerCross	09.15 PowerCross 19.00 PowerCross	10.30 PowerCross	11.00 PowerCross
Spinning zaal	Spinning zaal	Spinning zaal	Spinning zaal		Spinning zaal	Spinning zaal
10.00 Spinning 19.30 Spinning 20.30 Spinning	20.00 Spinning	19.30 Spinning 20.30 Spinning	20.00 Spinning		07.30 Spinning 08.30 Spinning	09.30 Spinning
Outdoor	Outdoor	Outdoor	Outdoor			
19.30 Bootcamp		19.30 Bootcamp				

Virtual Spinning kan ieder moment van de dag. Wij adviseren om de groepslessen online te reserveren om teleurstelling te voorkomen. Tel. 0174-417092

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