

| Maandag  | Dinsdag  | Woensdag  | Donderdag   | Vrijdag   | Zaterdag                                | Zondag  |
|--|--|---|---|---|---|---|
| <b>Groepsfitness zaal</b>  | <b>Groepsfitness zaal</b>  | <b>Groepsfitness zaal</b>   | <b>Groepsfitness zaal</b>   | <b>Groepsfitness zaal</b>                         | <b>Groepsfitness zaal</b>               | <b>Groepsfitness zaal</b>                     |
| 09.00 Powerburn<br>10.00 50+Fit<br>13.15 ClubPower<br><br>18.30 buik 1/4<br>18.45 Step<br>19.45 BodyForm<br>20.45 Power&Pilates                      | 09.00 Pilates<br><br>18:30 Core<br>18.45 Piloxing<br>19.45 ClubPower<br>20.45 KickBoxx | 09.00 ClubPower<br>10.00 Pilates<br><br>18.15 Core<br>18.45 BodyForm<br>19.45 Salvation<br>20.45 Pilates&Yoga | 09.00 Bodyform<br>10.00 50+Fit<br><br>18.30 Buik 1/4<br>18.45 ClubPower<br><b>19.45 Bootcamp</b><br>20.45 Pilates | 09.00 ClubPower<br>10.00 RugFit<br>13.15 BodyForm | 09.00 Pilates<br>10.00 <b>Gladiator</b> | 09.30 Clubpower<br>10.30 Piloxing<br>Knockout |
| <b>Hot Yoga Studio</b>   | <b>Hot Yoga Studio</b>   | <b>Hot Yoga Studio</b>  | <b>Hot Yoga Studio</b>  | <b>Hot Yoga Studio</b>                            | <b>Hot Yoga Studio</b>                  | <b>Hot Yoga Studio</b>                        |
| 09.00 Power Yoga<br><br>19.00 Yoga B 35C<br>20.00 YinYoga  | 20.00 YinYoga  | 19.15 Hot B 35°C  | 19.30 Flow Yoga   | 09.00 HathaYoga                                   | 10.30 Flow Yoga                         | 10.30 YinYoga 30°C                            |
| <b>PowerCross zaal</b>   | <b>PowerCross zaal</b>   | <b>PowerCross zaal</b>  | <b>PowerCross zaal</b>  | <b>PowerCross zaal</b>                            |   |   |
| 09.00 PowerCross<br><br>19.00 PowerCross   | 09.00 PowerCross<br><br>19.00 PowerCross   | 09.00 PowerCross<br><br>19.00 PowerCross  | 09.00 PowerCross<br><br>19.00 PowerCross  | 09.00 PowerCross<br><br>19.00 PowerCross          | 10.30 PowerCross                        | 11.00 PowerCross                              |
|  | <b>Spinning zaal</b>   | <b>Spinning zaal</b>  | <b>Spinning zaal</b>  |   | <b>Spinning zaal</b>                    | <b>Spinning zaal</b>                          |
| 10.00 Spinning<br><br>19.30 Spinning   | 19.30 Spinning   | 19.30 Spinning  |   |   | 08.00 Spinning                          |   |
| <p><b>Reserveer via de app en je wordt op de hoogte gehouden van alle veranderingen.</b></p>   |  |   |   |   |   |   |
| 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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FITNESS

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