



Rooster vanaf september 2020

	Groepsleszaal		Spinningzaal		Fitnesszaal		FunXtion	
Maandag					Vrije training	8.00 - 9.00		
	Pump 30	9.00 - 9.30	Spinning 30	9.30 - 10.00	Vrije training	9.05 - 10.05		
			Spinning 50+ en oef.	10.15 - 11.00	*Circuit 50+	10.15 - 11.15		
					Vrije training	15.00 - 16.10		
	Steps	18.30 - 19.15	Spinning	19.30 - 20.15	Vrije training	16.15 - 17.25		
	Pilates	19.30 - 20.00			Vrije training	17.30 - 18.40	FunXtion	18.00 - 18.30
	Dance	20.15 - 21.00			Vrije training	18.45 - 19.55	FunXtion	20.15 - 20.45
				Vrije training	20.00 - 21.30			
Dinsdag	Shape Vitaal	9.00 - 9.45			Vrije training	8.00 - 9.00		
					Vrije training	9.05 - 10.05	FunXtion	9.00 - 9.30
					Vrije training	10.10 - 11.10		
					Vrije training	15.00 - 16.10		
	Shape	18.30 - 19.15			Vrije training	16.15 - 17.25		
	Pump 30	19.30 - 20.00	Spinning 30	20.05 - 20.35	Vrije training	17.30 - 18.40		
	Club Yoga	20.15 - 21.00			Vrije training	18.45 - 19.55	FunXtion	20.15 - 20.45
				Vrije training	20.00 - 21.30			
Woensdag			Spinning 50+ en oef	9.00 - 9.45	Vrije training	8.00 - 9.00		
	Shape	10.00 - 10.45			*Circuit 50+	9.15 - 10.15		
					Vrije training	10.15 - 11.15		
	SDM 5 - 6 jaar	16.00 - 16.45						
	SDM 7 t/m 8 jaar	16.45 - 17.30			Vrije training	15.00 - 16.10		
	SDM 9 t/m 12 jaar	17.30 - 18.15			Vrije training	16.15 - 17.25		
	Pilates	18.30 - 19.00	Spinning	19.30 - 20.15	Vrije training	17.30 - 18.40		
	Shape	19.15 - 20.00			Vrije training	18.45 - 19.55	FunXtion	20.15 - 20.45
Dance	20.15 - 21.00			Vrije training	20.00 - 21.30			
Donderdag					Vrije training	8.00 - 9.00		
					Vrije training	9.05 - 10.05		
	SDM 9 - 11 jaar	16.15 - 17.00			Vrije training	10.10 - 11.10		
	SDM 12 t/m 14 jaar	17.00 - 17.45						
	SDM 15+	17.45 - 18.30			Vrije training	15.00 - 16.10		
	Club Yoga	18.45 - 19.30	Spinning 30	19.05 - 19.35	Vrije training	16.15 - 17.25		
	Pump 30	19.45 - 20.15	Spinning 30	20.20 - 20.50	Vrije training	17.30 - 18.40		
	Steps	20.30 - 21.15			Vrije training	18.45 - 19.55	FunXtion	20.15 - 20.45
					Vrije training	20.00 - 21.30		
Vrijdag	Core	9.00 - 9.30			Vrije training	8.00 - 9.00		
	Club Yoga	9.45 - 10.30			Vrije training	9.05 - 10.05	FunXtion	9.00 - 9.30
					Vrije training	10.10 - 11.10		
					Vrije training	15.00 - 16.00	FunXtion	15.00 - 15.30
					Vrije training	16.05 - 17.05		
					Vrije training	17.10 - 18.10		
	Core	18.30 - 19.00			Circuit 50+	18.15 - 19.15		
		Spinning 30	19.05 - 19.35	Vrije training	19.15 - 20.30	FunXtion	19.45 - 20.15	
Zaterdag					Vrije training	9.00 - 10.10	FunXtion	9.30 - 10.00
					Vrije training	10.15 - 11.30		
Zondag					Vrije training	9.30 - 10.30	FunXtion	9.45 - 10.15
					Vrije training	10.35 - 11.35		