



Rooster 1 juli t/m 30 augustus 2020

	Groepsleszaal		Spinningzaal		Fitnesszaal		FunXtion	
Maandag	Pump 30	9.00 - 9.30	Spinning 30	9.30 - 10.00	Vrije training	8.00 - 9.00		
			*Spinning 50+	10.15 - 11.00	Vrije training	9.15 - 10.15		
					*Circuit 50+	10.30 - 11.30		
					Vrije training	16.00 - 17.00		
					Vrije training	17.15 - 18.15		
	SPORT®	19.00 - 19.45	Spinning	19.30 - 20.15	Vrije training	18.30 - 19.30	Move it	20.00 - 20.30
	Pilates®	20.00 - 20.45			Vrije training	19.45 - 20.45		
Dinsdag					Vrije training	8.30 - 9.30	Move it	9.00 - 9.30
					Vrije training	9.45 - 10.45		
					Vrije training	17.15 - 18.15		
	Tone®	18.45 - 19.30			Vrije training	18.30 - 19.30	Move it	19.00 - 19.30
	Pump	19.45 - 20.15	Spinning 30	20.15 - 20.45	Vrije training	19.45 - 20.45		
Woensdag			*Spinning 50+	9.00 - 9.45	Vrije training	8.00 - 9.00		
	Tone®	10.00 - 10.45			*Circuit 50+	9.15 - 10.15		
					Vrije training	10.30 - 11.30		
					Vrije training	16.00 - 17.00		
					Vrije training	17.15 - 18.15		
	Tone®	19.00 - 19.45	Spinning	19.15 - 20.00	Vrije training	18.30 - 19.30		
	SH'Bam®	20.00 - 20.45			Vrije training	19.45 - 20.45	Move it	20.00 - 20.30
Donderdag					Vrije training	17.15 - 18.15		
	Pilates®	18.45 - 19.30			Vrije training	18.30 - 19.30	Move it	19.00 - 19.30
	Pump	19.45 - 20.15	Spinning 30	20.15 - 20.45	Vrije training	19.45 - 20.45		
Vrijdag					Vrije training	8.00 - 9.15		
	Pilates®	9.45 - 10.30			Vrije training	9.30 - 10.45	Move it	9.00 - 9.30
					Vrije training	16.00 - 17.00	Move it	16.15 - 16.45
					Vrije training	17.15 - 18.15		
					Vrije training	18.30 - 19.45	Move it	19.00 - 19.30
Zaterdag					Vrije training	9.00 - 10.00	Move it	10.30 - 11.00
					Vrije training	10.15 - 11.15		

***: Tijdens een circuittraining 50+ en cardio 50+ kan alleen deze doelgroep deelnemen en is er geen vrije training. Het rooster kan wijzigen gedurende deze periode. De app is dan altijd bepalend.**