



Rooster 1 augustus t/m 29 augustus 2021

	Groepsleszaal		Spinningzaal		Fitnesszaal		FunXtion	
Maandag	Pump	9.00 - 9.30	Spinning 30	9.35 - 10.05	Vrije training	8.00 - 9.00		
					Vrije training	9.05 - 10.05		
					Circuit 50+	10.15 - 11.15		
					Vrije training	16.00 - 17.15		
					Vrije training	17.15 - 18.30		
	Steps	19.00 - 19.45	Spinning	19.00 - 19.45	Vrije training	18.30 - 19.45	FunXtion	20.00 - 20.30
	Pilates	20.00 - 20.30			Vrije training	19.45 - 21.00		
Dinsdag					Vrije training	8.00 - 9.15	FunXtion	9.00 - 9.30
					Vrije training	9.15 - 10.30		
					Vrije training	16.00 - 17.15		
					Vrije training	17.15 - 18.30		
	Shape	18.45 - 19.30			Vrije training	18.30 - 19.45	FunXtion	19.00 - 19.30
	Pump	19.45 - 20.15	Spinning 30	20.20 - 20.50	Vrije training	19.45 - 21.00		
Woensdag			Spinning 50+	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		
					Vrije training	16.00 - 17.15		
					Vrije training	17.15 - 18.30		
	Shape	18.45 - 19.30			Vrije training	18.30 - 19.45		
	Booty	19.45 - 20.15			Vrije training	19.45 - 21.00	FunXtion	20.00 - 20.30
Donderdag					Vrije training	8.00 - 9.15	FunXtion	9.00 - 9.30
					Vrije training	9.15 - 10.30		
					Vrije training	16.00 - 17.15		
					Vrije training	17.15 - 18.30	FunXtion	19.00 - 19.30
	Yoga	18.45 - 19.30			Vrije training	18.30 - 19.45		
	Pump	19.45 - 20.15	Spinning 30	20.20 - 20.50	Vrije training	19.45 - 21.00		
Vrijdag	Core	9.00 - 9.30			Vrije training	8.00 - 9.15		
	Yoga	9.45 - 10.30			Vrije training	9.15 - 10.30	FunXtion	9.00 - 9.30
					Vrije training	16.00 - 17.15	FunXtion	16.00 - 16.30
					Vrije training	17.15 - 18.30		
					Vrije training	18.30 - 20.00	FunXtion	19.00 - 19.30
Zaterdag					Vrije training	9.00 - 10.15	FunXtion	10.30 - 11.00
					Vrije training	10.15 - 11.30		
Zondag					Vrije training	9.00 - 10.15	FunXtion	10.30 - 11.00
					Vrije training	10.15 - 11.30		