



Rooster 5 juli t/m 31 juli 2021

| | Groepsleszaal | | Spinningzaal | | Fitnesszaal | | FunXtion | |
|------------------|---------------|-----------------|--------------|---------------|----------------|---------------|----------|---------------|
| Maandag | Shape | 9.45 - 10.30 | | | 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 | | |
| | Shape | 19.00 - 19.45 | Spinning | 19.00 - 19.45 | Vrije training | 18.30 - 19.45 | FunXtion | 20.00 - 20.30 |
| | Yoga/Pilates | 20.00 - 20.45 * | | | 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 | | |
| | Pump 30 | 10.00 - 10.30 | Spinning 30 | 10.30 - 11.00 | Circuit 50+ | 9.15 - 10.15 | | |
| | | | | | Vrije training | 10.15 - 11.15 | | |
| | | | | | Vrije training | 16.00 - 17.15 | | |
| | | | | | Vrije training | 17.15 - 18.30 | | |
| | Yoga/Pilates | 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 |
| | Steps | 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 | | | | | Vrije training | 8.00 - 9.15 | | |
| | Yoga/Pilates | 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 | | |

* Op maandagavond 26 juli is er geen Yoga/Pilates