

MAANDAG	N	DINSDAG	N	WOENSDAG	N	DONDERDAG	N	VRIJDAG	N	ZATERDAG	N	ZONDAG	N
		7:30 BreakFAST Spinning*** Harufa	1			7:30 BreakFAST Spinning*** Djilani	1					9:00 Spinning*** Henk	1
				9:30 Spinning*** Harufa	1							9:00 Bodyshape Katelijne	1
9:30 Bodyshape Devon	1	9:30 Bodyshape Mounir	1	9:30 Bodyshape Tatjana	1	9:30 Bodyshape Tatjana	1	9:30 Bodyshape Oswald	1	9:30 Body Jam Jonno	1	10:00 Spinning*** Henk	1
10:00 Circuit training* Fitness	1	10:00 Circuit training* Fitness	1	10:00 Circuit training* Fitness	1	10:00 Circuit training* Fitness	1	10:00 Circuit training* Fitness	1	10:30 Bodyshape Jonno	1	10:00 Step 3 Katelijne	3
10:30 Step 2 Devon	2	10:30 Focus & Stretch Mounir	1	10:30 Pilates Tatjana	1	10:30 Pilates Tatjana	1	10:30 Spinning*** Djilani	1	11:30 Circuit training* Fitness	1	10:15 Circuit training* Fitness	1
								10:30 Zumba Oswald	1	11:30 Kick & Fun Marloes	1	11:00 Spinning*** Harufa	1
13:00 Hatha Yoga*** Cat	1			13:00 Iyengar Yoga*** Zoe	1			11:30 Power Yoga*** Cat	1	10:30 Spinning*** Lucie	1	11:00 Bodyshape Katelijne	1
										11:30 Spinning*** Lucie	1	11:15 Circuit training* Fitness	1
17:00 Pilates Annemieke	1	17:00 Bodyshape Katelijne	1	17:00 Aerobic Dance Sharon	2	17:00 Aerobic Dance John G	2	17:00 Bodyshape Marloes	1	12:30 Bodypump Marloes	1	12:00 Bodyshape Roos	1
18:00 Spinning*** Tamara	1	18:00 Step/Shape Katelijne	1	18:00 Kick & Fun Raoul	1	18:00 Spinning*** Harufa	3	18:00 Iyengar Yoga *** Zoe	1	13:00 Aerobic Dance John G	2	12:30 Iyengar Yoga*** Zoe	1
18:00 Super Shape Raoul	1	18:15 Circuit training* fitness	1	18:15 Circuit training* fitness	1	18:00 Step 2 Devon	2	18:00 Bodypump Vicky	1	14:30 Sivananda Yoga Joyce	1	13:30 Iyengar Yoga*** Zoe	1
18:15 Circuit training* Fitness	1	19:00 Step 3 Katelijne	3	18:00 Spinning*** Melisa	1	19:00 Spinning*** Harufa	1	19:00 Power Yoga*** Vicky	1			14:30 Iyengar Yoga*** Zoe	3
19:00 Spinning*** Tamara	1	19:00 Spinning*** Henk	1	19:00 Bodyshape Raoul	1	19:00 Bodyshape Devon	1	19:00 Kick & Fun Marloes	1			13:00 Zumba Diana	1
19:00 Kick & Fun Raoul	1	19:15 Circuit training* Fitness	1	19:15 Circuit training* Fitness	1	19:15 Circuit training* Fitness	1	19:15 Circuit training* Fitness	1			14:00 Zumba Diana	1
19:15 Circuit training* Fitness	1	20:00 Spinning*** Henk	1					20:00 Spinning*** Henk	1			15:00 Bodypump Krystian	1
20:00 Aeroshape Mounir	1	20:00 Bodypump Vicky	1	20:00 Step 2 Mounir	2	20:00 Body Jam Jonno	1	20:00 Zumba Diana	1			16:00 Total workout Krystian	1
				21:00 Spinning*** Mounir	1			21:00 Zumba Diana	3			17:00 BBB&Stretch (30Min) Krystian	1
21:00 Total Workout Mounir	1	21:00 Power Yoga Vicky	1	21:00 Bodypump Marloes	1	21:00 Pilates Jonno	1	21:00 Abs & Stretch Henk (30 minuten)	1			17:30 Focus & Stretch Charlotte	1
22:00 BBB & Stretch Mounir (30 minuten)	1			22:00 Abs & Stretch Mounir (30 minuten)	1								

- Cardio
- Spinning
- Shape
- Combi
- Body & Mind
- Fitness

* = fitness ruimte
 ** = spinning zaal
 *** = yogazaal

1= voor iedereen toegankelijk
 2= enige ervaring
 3= voor gevorderden

