


























TIJD	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	TIJD	Zaterdag	Zondag
07.15		SPINNING® (45 min)				09.30	PILATES 2	
09.00			YOGA FLOW			10.00	SPINNING®* (45 min)	BODYSHAPE
09.30	BODYSHAPE	 COMBO	STEP & SHAPE		BODYSHAPE	10.30	BODYSHAPE	
10.00			HATHA YOGA (75 min)	PILATES 1	HATHA YOGA (75 min)	11.00		
10.30	ZUMBA®		BODYSHAPE		STEP CHOREO	11.30	STEP CHOREO	SPINNING® (45 min)
11.00				VINYASA YOGA (75 min)		12.00	BOKSEN (Beginners, 75 min)	
11.30	PILATES 2					12.30	VINYASA YOGA (90 min)	SPINNING®* (45 min)
12.30						13.00		HATHA YOGA (90 min)
13.30						14.30		ZWANGERSCHAP YOGA
17.30		SALSA AEROBICS				14.30		ZUMBA®
18.00	STEP CHOREO		ZUMBA®	VINYASA YOGA				
18.00	CORE TRAINING (25 min)		CORE TRAINING (25 min)	CORE TRAINING (25 min)				
18.30				BOOT CAMP	SPINNING® (45 min)			
19.00	BODYSHAPE	SPINNING® (45 min)	BODYSHAPE		BODYSHAPE			
19.30		PILATES 1		SPINNING® (45 min)			*SPINNING® "CLASSIC ROCK" elke 1 <sup>e</sup> za v.d. mnd	*SPINNING® KLASSIEK elke 1 <sup>e</sup> zo v.d. mnd
20.00	VINYASA YOGA (90 min)	KICKBOKSEN		ZUMBA®				zaal 1 = wit zaal 2 = grijs
20.30		CORE TRAINING (30 min)	BOKSEN					
21.00		STRETCH-LES (30 min)						

Alle lessen duren 55 minuten tenzij anders aangegeven