

Groepslessen

All About You

| | MAANDAG | DINSDAG | WOENSDAG | DONDERDAG | VRIJDAG | ZATERDAG | ZONDAG |
|-------|--------------------------------------|------------------|-------------------|--------------------------------------|------------------|---------------------|-------------------|
| 9:00 | | | | | | 09:00 CYCLING | 09:00 PUMP 50M |
| 10:00 | 10:00 HATHA YOGA | | 10:00 HATHA YOGA | | | | 10:00 BODYCOMBAT |
| 10:30 | | | | | | 10:30 BODYSHAPE 45m | |
| 11:00 | | | | | | | |
| 11:15 | | | | | | 11:15 PILATES 45M | 11:15 PILATES 45M |
| 12:00 | | | | | | | |
| 17:15 | | | | 17:15 Xcore 30m | | | |
| 17:30 | 17:30 BODYSHAPE 45m | 17:30 CORE 20M | 17:30 PILATES 45M | | 17:30 HATHA YOGA | | |
| 18:00 | | 18:00 CYCLING | | 18:00 CYCLING | | | |
| 18:30 | 18:30 Functional Circuit training 45 | | 18:30 PUMP | | | | |
| 18:50 | | | | | | | |
| 19:00 | | | | | | | |
| 19:15 | | 19:15 BODYCOMBAT | | 19:15 Functional Circuit training 45 | | | |
| 19:30 | 19:30 PUMP | | 19:30 PUMP | | | | |

