





Fitnesszaal CIRCUIT 	Groepszaal GROOT 	Groepszaal KLEIN 	Outdoor TERREIN 
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MAANDAG

08.45	Cross Circuit	08.00	Body Pump				
		09.00	Pilates				
		10.00	Body Challenge				
		18.00	KickFun				
19.30	Cross Circuit	19.00	Strenght & Fight				
20.15	Cross Circuit	20.00	B.B.B.				
		21.00	Yin Yoga				

DINSDAG

08.45	Cross Circuit	09.00	Body Pump	08.00	Kundalini Yoga		
09.30	Senior Fit	10.00	Old Skool Aerobics				
10.15	Senior Fit	18.00	Box Experience				
		19.00	Box Experience				
19.15	Cross Circuit	20.00	B.B.B.	19.15	Spinning		

WOENSDAG

08.00	Cross Circuit	08.00	Abs to the Max			09.00	Bootcamp
08.45	Cross Circuit	09.30	Pilates				
09.30	Cross Circuit	10.30	Yin Yoga				
17.30	Cross Circuit (H)	18.00	Body Pump				
		19.00	Strength & Conditioning				
		20.00	Bootyboost				

DONDERDAG

09.30	Senior Fit	09.00	Strength & Conditioning				
10.15	Senior Fit	10.00	Pilates				
		18.30	KickFun				
19.30	Cross Heavy	20.00	Pilates				
		21.00	Stretch & Relax				

VRIJDAG

08.00	Cross Circuit	09.00	Pilates	08.45	Kundalini Yoga	09.00	Bootcamp
08.45	Cross Circuit	10.00	B.B.B.				
09.30	Cross Circuit	11.00	Yin Yoga				
		16.30	Body Pump				

ZATERDAG

08.45	Cross Circuit	09.00	Box Experience			09.00	U.F.S.C.
09.30	Cross Circuit	10.00	Pilates				
		11.00	Yin Yang Yoga				

ZONDAG

09.00	Cross Circuit	09.00	KickFun	10.00	Spinning		
09.45	Cross Circuit	10.00	Abs to the Max	11.00	Spinning		
		11.00	Zumba				

Groepslessen, Cross Circuit en Fitnesssen dien je te reserveren via de Sportivity app. LOSSE DAGKAART: € 20,-

Reguliere Lesrooster v.a. Jan 2025: wijzingen zijn onder voorbehoud