

Fitnesszaal
CIRCUIT



Groepszaal
GROOT



Groepszaal
KLEIN



Outdoor
TERREIN



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	Lower Body Pilates				

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	Hatha 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				

Alle Groepslessen, Cross Circuit en Fitnesssen dien je te reserveren via de Sportivity app. LOSSE (PROEF) LES: € 15,-
Reguliere Lesrooster v.a. **MAART 2025**: wijzigingen zijn onder voorbehoud