



MA

DI

WO

DO

VR

ZA

10

10:00 > 11:00
Indoor Cycling Virtual
10:15 > 11:15
Do-In Yoga

10:00 > 11:00
Indoor Cycling Virtual

09:00 > 10:15
Yoga 09

11

10:30 > 11:30
Kids Dance* [4-5] 10
Indoor Cycling Virtual
Capoeira [<6]

12

12:30 > 13:15
Indoor Cycling Virtual

12:30 > 13:15
Do-In Yoga**
12:30 > 13:15
Indoor Cycling Live**

12:30 > 13:15
Indoor Cycling Virtual

12:30 > 13:15
Indoor Cycling Virtual

11:30 > 12:30
Clipdance* [< 6] 11
Capoeira [Volwassenen]

13

13:30 > 14:30
Pilates

13:45 > 14:45
Dansles voor Parkinsonpatiënten

12

14

15

16

17

18

16:30 > 17:30
Kinderyoga* [6-12]
Sports Aerobics* [4-6]

17:30 > 18:30
Sports Aerobics* [+7]

18:30 > 19:30
Body Sculpting**

ZO

09:30 > 10:30
Indoor Cycling Live 09

10:30 > 11:30
Beach Body 10

11:00 > 12:00
Indoor Cycling Virtual 11

19

19:00 > 20:00
Indoor Cycling Live**

19:00 > 20:00
Jeet Kune Do

19:30 > 20:30
BBB

19:15 > 20:15
Beach Body

18:30 > 20:00
Tai Chi Chuan
18:45 > 19:45
BBB**

12

19:30 > 20:15
Martial Defence Control*
[Kinderen]

19:45 > 20:45
Zumba Salsa**

20

20:00 > 21:00
Indoor Cycling Live
20:15 > 21:15
Martial Defence Control*
[Volwassenen]

20:00 > 20:30
Special Abs
20:00 > 21:00
Start to spin
20:30 > 21:30
Body Power
Filipino Eskrima

20:00 > 21:00
Indoor Cycling Live

20:00 > 21:00
Indoor Cycling Live

20:00 > 21:00
Indoor Cycling Virtual

20:30 > 21:45
Yoga

| OPENINGSUREN | | | | | | |
|--------------|-------|-------|-------|-------|-------|-------|
| MA | DI | WO | DO | VR | ZA | ZO |
| 7.30 | 7.30 | | 7.30 | 7.30 | 8.30 | 8.30 |
| | | 11.30 | | | 14.00 | 14.00 |
| 22.30 | 22.30 | 22.30 | 22.30 | 21.00 | | |

Lessen in het rood : inbegrepen in het Abonnement Groepslessen. *Deze les gaat niet door tijdens schoolvakanties. **Deze les gaat niet door in juli en augustus.

Rooster onderhevig aan wijzigingen