



MA

DI

WO

DO

VR

ZA

10

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

11

12

- 12:30 > 13:15
 • **Indoor Cycling Virtual**

- 12:30 > 13:15
 • **Indoor Cycling Virtual**

- 12:30 > 13:15
 • **Indoor Cycling Virtual**

- 12:30 > 13:15
 • **Indoor Cycling Virtual**

- 12:30 > 13:15
 • **Indoor Cycling Virtual**

13

- 13:30 > 14:30
 • **Pilates**

- 13:45 > 14:45
 • **Dansles voor Parkinsonpatiënten**

14

15

16

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

17

- 17:30 > 18:30
 • **Sports Aerobics*** [+7]
 17:45 > 18:45
 • **Do-In Yoga**

18

- 18:00 > 19:00
 • **Bodyshape**

- 18:00 > 19:00
 • **High Intensity Interval Training**
 18:15 > 19:15
 • **Indoor Cycling Live****

- 18:00 > 19:00
 • **BBB & Pilates****
 18:30 > 20:00
 • **Tai Chi Chuan**

19

- 19:00 > 20:00
 • **Indoor Cycling Live****
 • **BBB**
 19:30 > 20:15
 • **Martial Defence Control*** [Kinderen]

- 19:00 > 20:00
 • **Start to spin**
 • **Cardioblast**
 • **Jeet Kune Do**

- 19:30 > 20:30
 • **BBB**

- 19:15 > 20:15
 • **Beach Body**
 19:30 > 20:30
 • **Indoor Cycling Live****

- 19:00 > 20:00
 • **Zumba Salsa****

20

- 20:15 > 21:15
 • **Indoor Cycling Live**
 20:15 > 21:30
 • **K1 – Muay Thai** [Volwassenen]

- 20:00 > 20:30
 • **Special Abs**
 20:15 > 21:15
 • **Indoor Cycling Live**
 20:30 > 21:30
 • **Body Power**
 • **Filipino Eskrima**

- 20:00 > 21:00
 • **Indoor Cycling Live**
 20:15 > 21:30
 • **English Boxing**

- 20:30 > 21:45
 • **Hatha-Yoga**

- 20:00 > 21:00
 • **Indoor Cycling Virtual**

09

- 09:00 > 10:15
 • **Hatha-Yoga**

10

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

11

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

12

ZO

09

- 09:30 > 10:30
 • **Indoor Cycling Live**

10

- 10:30 > 11:30
 • **Beach Body**
 • **Indoor Cycling Virtual**

11

- 11:30 > 12:30
 • **Body Power**

12

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			

Rooster onderhevig aan wijzigingen

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.