

# Lesrooster

	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
07:00 - 07:30	Open 07:00	Open 07:00		Open 07:00			
07:30 - 08:00		Wake Up Workout 07:45 - 08:15		YIn Yoga 07:30 - 08:30			
08:00 - 08:30							
09:00 - 09:30			Open 09:00		Open 09:00	Open 09:00	Open 09:00
09:30 - 10:00				Senior Fit 09:30 - 10:30			
10:00 - 10:30							
12:00 - 12:30	Small Group 12:00 - 12:20	Small Group 12:00 - 12:20	Small Group 12:00 - 12:20	Small Group 12:00 - 12:20 uur	Small Group 12:00 - 12:20	Small Group 12:00 - 12:20	Small Group 12:00 - 12:20
14:00 - 14:30	Senior Fit 14:00 - 15:00						
14:30 - 15:00							
17:30 - 18:00			Boks Fun 17:45 - 18:30				
18:00 - 18:30	Small Group 18:00 - 18:20	Small Group 18:00 - 18:20	Small Group 18:00 - 18:20	Small Group 18:00 - 18:20	Small Group 18:00 - 18:20	Gesloten 18:00	Gesloten 18:00
18:30 - 19:00			Caribbean Workout 18:30 - 19:20				
19:00 - 19:30				Run It Hardlooptraining vanaf 14 december 19:00 - 20:00			
19:30 - 20:00	HIT Strength 19:30 - 20:20		Power Pump 19:30 - 20:20				
20:00 - 20:30		Color Spinning 20:00 - 20:50		Color Spinning 20:00 - 20:50			
20:30 - 21:00			Power Yoga 20:30 - 21:20				
21:00 - 21:30							
22:30 - 23:00	Gesloten 22:30	Gesloten 22:30	Gesloten 22:30	Gesloten 22:30	Gesloten 22:30		