

Fitnesszaal CIRCUIT		Groepszaal GROOT		Groepszaal KLEIN		Outdoor TERREIN	
							
MAANDAG							
08:45	Cross Circuit	08:00	Body Pump				
		09:00	Pilates		Gentle- & faceyoga		
		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				
19:00	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	10:15	Yin Yoga				
17:30	Cross Circuit Heavy	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				
		18:00	Kickboks Experience				
19:30	Cross Circuit	19:00	Vinyasa yoga				
		20:00	Pilates				
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	08:45	Kickboks Experience			08:00	U.F.S.C. Outdoor
09:30	Cross Circuit Heavy	10:00	Pilates			09:00	U.F.S.C. Outdoor
		11:00	Yoga				
ZONDAG							
09:00	Cross Circuit	09:00	KickFun	10:00	Spinning	08:45	Outdoor Circuit
09:45	Cross Circuit Heavy	10:00	Abs to the Max	11:00	Spinning		
		11:00	Zumba				