

| | Fitnesszaal CIRCUIT  | Groepszaal GROOT  | Groepszaal KLEIN  | Outdoor TERREIN  |
|------------------|---------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| MAANDAG | | | | |
| 08:45 | Cross Circuit | 08:00 | Body Pump | |
| | | 09:00 | Pilates | 09:00 |
| | | 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 |
| 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. | 19:00 |
| | | | | 19:00 |
| WOENSDAG | | | | |
| 08:00 | Cross Circuit | 08:00 | Abs to the Max | 09:00 |
| 08:45 | Cross Circuit | 09:30 | Pilates | |
| 09:30 | Cross Circuit | 10:30 | 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 |
| 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 |
| 09:30 | Cross Circuit Heavy | 10:00 | Pilates | 09:00 |
| | | 11:00 | Yoga | |
| ZONDAG | | | | |
| 09:00 | Cross Circuit | 09:00 | KickFun | 10:00 |
| 09:45 | Cross Circuit Heavy | 10:00 | Abs to the Max | 11:00 |
| | | 11:00 | Zumba | |