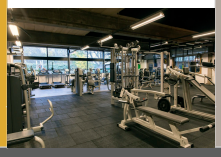
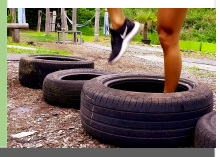
	Fitnesszaal CIRCUIT		Groepszaal GROOT		Groepszaal KLEIN		Outdoor TERREIN
							
MAANDAG							
08:45	Cross Circuit Basic	**08:00**	Body Pump				
		09:00	Pilates	**09:00**	Gentle- & faceyoga		
		10:00	Body Challenge				
		18:00	KickFun				
19:30	Cross Circuit Basic	**19:00**	Power Fight				
20:15	Cross Circuit Basic	**20:00**	B.B.B.				
		21:00	Yin Yoga				
DINSDAG							
08:45	Cross Circuit Basic	**09:00**	Body Pump	**08:00**	Kundalini Yoga & Meditation		
09:30	Senior Fit	**10:00**	Old Skool Aerobics				
10:15	Senior Fit	**18:00**	Box Experience				
		19:00	Box Experience				
19:15	Cross Circuit Basic	**20:00**	B.B.B.	**19:00**	Spinning		
WOENSDAG							
08:00	Cross Circuit Basic	**08:00**	Abs to the Max			**09:00**	Bootcamp Strength
08:45	Cross Circuit Basic	**09:30**	Pilates				
09:30	Cross Circuit Basic	**10:30**	Yin Yoga				
17:30	Cross Circuit Power	**18:00**	Body Pump				
		19:00	Strength & Conditioning				
		20:00	Pilates & Relax				
DONDERDAG							
09:30	Senior Fit	**09:00**	Strength & Conditioning				
10:15	Senior Fit	**10:00**	Pilates				
		18:00	Kickboks Experience				
19:30	Cross Circuit Basic	**19:00**	Pilates				
VRIJDAG							
08:00	Cross Circuit Basic	**09:00**	Pilates	**08:45**	Kundalini Yoga & Meditation	**09:00**	Bootcamp Strength
08:45	Cross Circuit Basic	**10:00**	B.B.B.				
09:30	Cross Circuit Basic	**11:00**	Yin Yoga				
10:15	Senior Fit	**16:30**	Body Pump				
ZATERDAG							
08:45	Cross Circuit Basic	**08:45**	Kickboks Experience			**08:00**	U.F.S.C. Outdoor
09:30	Cross Circuit Power	**10:00**	Pilates			**09:00**	U.F.S.C. Outdoor
		11:00	Yoga				
ZONDAG							
09:00	Cross Circuit Basic	**09:00**	KickFun	**10:00**	Spinning	**08:30**	Outdoor Circuit
09:45	Cross Circuit Power	**10:00**	Abs to the Max				
		11:00	Zumba				