

Lesrooster

	Fitnesszaal	Groepleszaal	RPM Zaal	Outdoor
Maandag	09.00 - 09.15 WeCore 16.00 - 17.00 Cool2Move 19:30 - 19:45 WeCore	09:15 - 10:15 BodyShape 18:15 - 19:15 BodyPump 19:15 - 20:00 Shbam 20:00 - 20:30 Grit 20:30 - 21:30 BodyBalance	09:00- 09:50 RPM 19:30 - 20:20 RPM	10:30 - 11:30 Xco Walking/ Running
Dinsdag		09:00 - 10:00 BodyPump 10:15 - 11:00 Fit & Vitaal 19:15 - 20:00 Body Combat 20.15 - 21.15 Hatha Yoga	19:00 - 19:50 RPM	
Woensdag	09:00 - 09:30 TRX 09:30 - 09:45 WeCore 18:30 - 19:00 TRX 19:00 - 19:15 WeCore	09:00 - 09:45 Fit & Vitaal 10:00 - 11:00 BodyBalance 17:00 - 18:00 TaeKwondo <13 18:30 - 19:30 BodyPump 19:30 - 20:00 Grit 20:15 - 21:15 Hatha Yoga	09:00 - 09:50 RPM	
Donderdag	09:00 - 09:30 TRX 09:30 - 09:45 WeCore	09:00 - 09:45 X-Core 18:45 - 19:30 Band Training 19:30 - 20:00 Barré 20:00 - 21:00 BodyPump	20:00 - 20:50 RPM	18:45 - 19:45 Xco Walking/ Running
vrijdag		09:15 - 10.00 Band Training 10.00 - 10.45 Fit & Vitaal 19.00 - 20.00 TaeKwondo >13		
Zaterdag		09:00 - 10:00 BodyBalance		
Zondag		10:30 - 11:30 BodyPump	09:30 - 10:20 RPM	