



MAANDAG		DINSDAG		WOENSDAG		DONDERDAG		VRIJDAG	
09:30	BBB (1)	19:00	Pilates (1)	09:30	Pilates (1)	10:30	BBB (1)	10:30	Pilates (1)
10:30	Yoga (1)	20:00	Fatburner BBB (1)	14:00	Youth fitness (5)	12:00	Aquasenior (3)	12:00	Aquafit (3)
18:00	Zumba (1)	20:00	Indoor Cycling (2)	17:00	Easy aquafit (3)	18:00	Zumba(1)		
19:00	Runningteam (4)			18:00	Bootcamp (1)	19:00	Step (1)		
19:00	Indoor Cycling (2)			19:00	Just Boxing (1)	19:00	Zwangerschap zwemmen (3)		
20:00	Yoga (1)			20:00	zumba (1)	19:00	Indoor Cycling (2)		
20:15	Aquabalance (3)			20:00	Indoor Cycling (2)	20:00	Club Power (1)		

- Kracht (1hr)
- Conditie (1hr)
- Mix (1hr)
- Body & Mind (1hr)
- Aqua (45 min)





# UURROOSTER GROEPSLESSEN

