



LESROOSTER

MAANDAG			DINSDAG			WOENSDAG			DONDERDAG			VRIJDAG			ZATERDAG		
09:00	Flow Yoga	G	09:00	Daily Circuit	F	08:00	Flow Yoga*	G	08:00	Hatha Yoga	G	08:30	Rug Vitaal	G	08:30	Hatha/Yin Yoga	G
09:00	Daily Circuit	F	09:00	Pilates	G	08:45	X-Core	G	09:00	Pilates	G	09:00	Spinning	S	09:00	Daily Circuit	F
09:00	Spinning	S	10:15	Pilates	G	09:00	Booty-Fit	F	09:00	Daily Circuit	F	09:00	Daily Circuit	F	09:00	Spinning	S
11:00	BVO	F				09:00	Spinning	S	11:00	BVO	F	09:30	Bodypump	G	09:45	X-Core	G
17:30	X-Core	G				10:00	Yin Yoga	G							09:45	Small Group Training	B
18:15	Bodypump	G				11:00	BVO	F	18:30	Bodypump	G						
18:15	Spinning	S							19:00	Small Group Training	B						
19:00	Daily Circuit	F				18:30	X-Core	G	19:30	GRIT	G						
19:15	GRIT	G	19:00	Booty-Fit	F	19:30	Bootcamp	B	19:30	Spinning	S				09:00	Yin/Nidra Yoga	G
19:30	Spinning	S	19:00	Yin Yoga	G	19:30	Spinning	S	20:00	Zumba	G				09:30	Spinning	S
19:45	X-Core	G	19:30	Spinning	S	19:30	Bodypump	G									
20:00	Booty-Fit	F	20:00	X-Core	G												
19:45	Small Group Training	B															
20:30	Zumba	G															

LET OP: onze Sportivity app is altijd up-to-date

ZONDAG

09:00	Yin/Nidra Yoga	G
09:30	Spinning	S

G	Groepsleszaal
F	Functionele Fitness Ruimte
S	Spinningzaal
B	Buiten

* Deze les wordt om de week aangeboden