

# Lesrooster

## **KERSTVAKANTIEROOSTER**

**(25 dec t/m 7 jan)**

**Onderstaande lessen komen te  
vervallen:**

**wo 1800u POWERYOGA do 2015u DANCE**

**vr 0900u BODYBALANCE & 1900u  
SPINNING**

**zo 31 dec 0900u BODYPUMP & 1000u  
SPINNING**

**OPENINGSTIJDEN:**

**25/12 Gesloten**

**26/12 geopend:**

**1200-1700u 31/12 geopend:**

**0900-1200u 1/1 Gesloten**

# GROEPSLESROOSTER

VANAF NOV. 17

| TIJD  | MAANDAG      | DINSDAG        | WOENSDAG       | DONDERDAG         | VRIJDAG                        | ZA | ZONDAG         |
|-------|--------------|----------------|----------------|-------------------|--------------------------------|----|----------------|
| 9:00  | SPINNING     | BODY BALANCE   | SPINNING       | FATBURN           | SPINNING                       |    | BODYPUMP       |
|       | DANCE        |                | PILATES        |                   | BODY BALANCE                   |    |                |
| 10:00 | CORE WORKOUT | CORE WORKOUT   | CORE WORKOUT   | CORE WORKOUT      | CORE WORKOUT                   |    | SPINNING       |
|       | UX CROSS     | UX CROSS       | UX CROSS       | UX CROSS          | UX CROSS                       |    | BOOTCAMP CLUB  |
| 10:15 | PILATES      |                | DANCE          | RELAX YOGA        | TRX                            |    | UX CROSS 11:00 |
| 16:30 |              |                | YOUNG ATHLETES | KICKBOKSEN T/M 15 |                                |    |                |
| 18:00 | POWERYOGA    | BODYPUMP       | POWERYOGA      | BODY&MIND         |                                |    |                |
| 19:00 | FATBURN      | TRX            | FATBURN        | BODYPUMP          | BODY BALANCE                   |    |                |
|       | SPINNING     | SPINNING       |                |                   | SPINNING                       |    |                |
| 19:30 | UX CROSS     | UX CROSS       | UX CROSS       | UX CROSS          | UX CROSS                       |    |                |
|       |              | BOOTCAMP CLUB  |                | BOOTCAMP CLUB     |                                |    |                |
| 20:00 | CORE WORKOUT | CORE WORKOUT   | CORE WORKOUT   | CORE WORKOUT      | CORE WORKOUT                   |    |                |
| 20:15 | SPINNING     |                | SPINNING       | SPINNING          |                                |    |                |
|       | BOXFIT       | KICKBOKSEN 16+ |                | DANCE             | MOOD&MIND (laatste vr. vd mnd) |    |                |

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Digitaal rooster:



Openingstijden:

Ma. t/m Vr. 07:00 - 22:00u  
Za. & Zo. 09:00 - 14:00u