

LESROOSTER

CYCLEZAAL

MAANDAG

09:00 – 09:45 **Spinning**
 10:00 – 10:45 **SCLPTCycle**
 18:30 – 19:15 **SCLPTCycle**
 19:30 – 20:15 **Spinning**

DINSDAG

18:30 – 19:15 **SCLPTCycle**
 19:30 – 20:30 **Cycle Heartbeat**

WOENSDAG

09:00 – 09:45 **SCLPTCycle**
 19:00 – 19:45 **SCLPTCycle**

DONDERDAG

12:30 – 13:15 **SCLPTCycle**
 19:00 – 20:00 **Cycle Heartbeat**

VRIJDAG

09:00 – 09:45 **Spinning**

ZATERDAG

09:00 – 09:45 **SCLPTCycle**
 10:00 – 10:45 **Club Cycle**

ZONDAG

08:45 – 09:30 **Spinning**

STUDIO

MAANDAG

09:00 – 10:00 **Club Yoga**
 10:00 – 11:00 **Pilates**
 19:00 – 20:00 **Strong Flow**
 20:00 – 21:00 **Yin Yoga**

DINSDAG

09:00 – 10:00 **Functional Training**
 19:00 – 20:00 **Vinyasa Yoga**
 20:00 – 21:00 **Yin Yoga**

WOENSDAG

07:45 – 08:45 **Yin Yoga**
 09:00 – 10:00 **Pilates**
 18:30 – 19:15 **Club Pilates**
 19:30 – 20:30 **Ashtanga Yoga**

DONDERDAG

10:00 – 10:45 **Club Pilates**
 18:30 – 19:15 **Club Pilates**
 19:30 – 20:30 **Yin Yoga**

VRIJDAG

09:00 – 10:00 **Functional Training**
 10:00 – 11:00 **Yin Yoga**
 18:45 – 19:45 **Hatha Yoga**

ZATERDAG

10:00 – 11:00 **Hatha Yoga**

ZONDAG

10:00 – 11:00 **Yin Yoga**