GROEPSLESROOSTER

vanaf 19 oktober 2026

	MASTERCLASS	CYCLECLASS	STUDIO
MAANDAG	09:00-10:00 Club Power 10:00-10:45 GO 13:45-14:30 XCORE 18:30-19:30 Club Power 19:30-20:15 XCORE	09:00-09:45 Spinning 10:00-10:45 SCLPTCycle 18:30-19:15 SCLPTCycle 19:30-20:15 Spinning	09:00-10:00 Club Yoga 10:00-11:00 Pilates 17:30-18:30 Meditatie 19:00-20:00 Strong Flow Yoga 20:00-21:00 Yin Yoga
DINSDAG	09:00-09:45 XCORE 10:00-10:45 BRN 18:30-19:15 BRN 19:30-20:30 Club Power	18:30-19:15 SCLPTCycle 19:30-20:30 Wattage Training	09:00-09:45 Functional Training 17:30-18:30 Qi Gong 19:00-20:00 Vinyasa Yoga 20:00-21:00 Yin Yoga
WOENSDAG	09:00-09:45 Battle 10:00-11:00 Club Power 18:30-19:30 Club Power 19:30-20:15 Booty	09:00-09:45 SCLPTCycle 19:30-20:15 SCLPTCycle	09:00-10:00 Pilates 10:00-11:00 Qi Gong 18:30-19:15 Club Pilates
DONDERDAG	09:00-09:45 XCORE 10:00-10:45 BRN 18:30-19:15 Battle 19:30-20:30 Club Power	12:30-13:15 SCLPTCycle 19:00-20:00 Wattage Training	18:30-19:15 Club Pilates 19:30-20:30 Yin Yoga
VRIJDAG	08:00-08:45 XCORE 09:00-09:45 BRN 10:00-11:00 Club Power	09:00-09:45 Club Cycle	09:00-10:00 Strong Flow Yoga 10:00-10:45 Meditatie 19:00-20:00 Yin Yoga
ZATERDAG	09:00-09:45 XCORE 10:00-10:45 Step	09:00-09:45 SCLPTCycle 10:00-10:45 Club Cycle	Specials, zie Sportivity App
ZONDAG	09:00-10:00 Club Power 10:00-10:45 GO 11:00-12:00 Fit Zwanger	08:45-09:30 Spinning 10:00-11:00 Wattage Training	08:45-09:45 Ashtanga Yoga 10:00-11:00 Yin Yoga

OPENINGSTIJDEN OLYMPIA

Maandag	07:00 - 22:00
Dinsdag	08:30 - 22:00
Woensdag	07:00 - 22:00
Donderdag	08:30 - 22:00
Vrijdag	07:00 - 21:00
Zaterdag	08:00 - 14:30
Zondag	08:30 - 14:30

OPENINGSTIJDEN KINDERHOEK

Maandag	08:30 - 11:30
Dinsdag	08:30 - 11:30
Woensdag	08:30 - 11:30
Donderdag	08:30 - 11:30
Vrijdag	08:30 - 11:30

OLYMPIA
Sport & Health