

OLYMPIA SPORT & HEALTH LESROOSTER

CYCLEZAAL

MAANDAG

09:00 – 09:45	Spinning
10:00 – 10:45	SCLPT Cycle
18:30 – 19:15	SCLPT Cycle
19:30 – 20:15	Spinning

DINSDAG

09:00 – 09:45	SCLPT Cycle
18:30 – 19:30	Cycle Heartbeat
19:30 – 20:30	Cycle Heartbeat

WOENSDAG

09:00 – 09:45	SCLPT Cycle
19:30 – 20:15	SCLPT Cycle

DONDERDAG

18:30 – 19:15	Club Cycle
19:30 – 20:30	Cycle Heartbeat

VRIJDAG

09:00 – 09:45	Club Cycle
19:00 – 20:00	Cycle Heartbeat*

* vanaf 3 oktober

ZATERDAG

09:00 – 09:45	SCLPT Cycle
10:00 – 10:45	Club Cycle

ZONDAG

08:45 – 09:30	Spinning
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STUDIO

MAANDAG

09:00 – 10:00	Vinyasa Yoga
10:15 – 11:15	Pilates
19:00 – 20:00	Pilates
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

09:00 – 10:00	Pilates
10:00 – 11:00	Yin Yoga
18:30 – 19:15	Club Pilates
19:30 – 20:30	Strong Flow

DONDERDAG

09:00 – 10:00	Power Yoga
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
18:30 – 19:30	Hatha Yoga

ZONDAG

10:00 – 11:00	Hatha Yoga
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