

OLYMPIA SPORT & HEALTH LESROOSTER

ZOMERROOSTER

CYCLEZAAL

MAANDAG

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

DINSDAG

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

WOENSDAG

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

DONDERDAG

19:00 – 20:00 **Cycle Heartbeat**

VRIJDAG

09:00 – 09:45 **Club Cycle**

ZATERDAG

08:15 – 09:00 **SCLPT Cycle**
09:15 – 10:00 **SCLPT Cycle**
10:15 – 11:00 **Club Virtual**

ZONDAG

08:45 – 09:30 **Spinning**
10:00 – 10:45 **Club Virtual**

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

19:00 – 20:00 **Vinyasa Yoga**
20:00 – 21:00 **Yin Yoga**

WOENSDAG

09:00 – 10:00 **Pilates**
19:30 – 20:30 **Strong Flow**

DONDERDAG

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

09:45 – 10:45 **Power Yoga**

ZONDAG

10:00 – 11:00 **Hatha Yoga**