

OLYMPIA SPORT & HEALTH

LESROOSTER

CYCLEZAAL

MAANDAG

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

DINSDAG

09:00 – 09:45	SCLPTCycle
18:30 – 19:15	SCLPTCycle
19:30 – 20:30	Cycle Heartbeat

WOENSDAG

09:00 – 09:45	SCLPTCycle
18:30 – 19:15	Club Cycle
19:30 – 20:15	SCLPTCycle

DONDERDAG

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

VRIJDAG

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

ZATERDAG

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

ZONDAG

08:45 – 09:30	Spinning
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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

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

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

09:30 – 10:30	Hatha Yoga
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ZONDAG

10:00 – 11:00	Yin Yoga
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