

GROEPSLESROOSTER

GELDIG VANAF 4 APRIL 2022



| | MASTERCLASS | CYCLECLASS | STUDIO | FITNESS |
|-----------------------|-------------------|---------------|----------------------------|------------------------|
| MAANDAG | | | | |
| Openingstijden | 09.00 - 09.45 | 10.00 - 10.45 | 09.00 - 10.00 | 07.30 - 08.00 |
| | 10.00 - 10.45 | 19.00 - 19.45 | 10.00 - 11.00 | 09.30 - 10.00 |
| 07.00 - 22.00 | 13.45 - 14.30 | | 18.30 - 19.15 | 10.00 - 10.20 |
| Kinderhoek | 17.30 - 18.15 | | 19.30 - 20.30 | 19.00 - 19.30 |
| 08.30 - 11.30 | 18.15 - 19.15 | | | 20.00 - 20.20 |
| | 19.15 - 20.00 | | | 20.30 - 21.00 |
| | 20.00 - 20.45 | | | |
| | BodyPump | | Body Flow | Move It |
| | GO | | Pilates | HIT |
| | XCORE | | Functional Training | Absolutely Core |
| | Booty | | Pilates | HIT |
| | BodyAttack | | | Absolutely Core |
| | XCORE | | | Move It |
| | BodyPump | | | |
| DINSDAG | | | | |
| Openingstijden | 09.00 - 09.45 | 19.00 - 19.45 | 10.00 - 10.45 | 09.00 - 09.30 |
| | 10.00 - 10.45 | | 18.30 - 19.30 | 19.00 - 19.30 |
| 08.30 - 22.00 | 18.15 - 19.00 | | 19.30 - 20.30 | 20.30 - 21.00 |
| Kinderhoek | 19.00 - 19.45 | | | |
| 08.30 - 11.30 | 20.00 - 20.45 | | | |
| | XCORE | | Functional Training | HIT |
| | BRN | | Yin Yoga | Ready to Rumble |
| | XCORE | | Pilates | Move It |
| | BRN | | | |
| | BodyPump | | | |
| WOENSDAG | | | | |
| Openingstijden | 09.00 - 09.45 | 09.30 - 10.15 | 09.00 - 09.45 | 09.00 - 09.30 |
| | 10.00 - 10.45 | 20.00 - 20.45 | 10.00 - 11.00 | 09.30 - 10.00 |
| 07.00 - 22.00 | 18.15 - 19.00 | | 19.30 - 20.30 | 10.00 - 10.20 |
| Kinderhoek | 19.00 - 20.00 | | | 20.00 - 20.20 |
| 08.30 - 11.30 | 20.00 - 20.45 | | | 20.30 - 21.00 |
| | Battle | | Functional Training | HIT |
| | BodyPump | | Pilates | Ready to Rumble |
| | GO | | Yoga Flow | Absolutely Core |
| | BodyPump | | | Absolutely Core |
| | Booty | | | Move It |
| DONDERDAG | | | | |
| Openingstijden | 09.00 - 09.45 | 19.15 - 20.00 | 10.00 - 11.00 | 09.30 - 10.00 |
| | 10.00 - 10.45 | | 20.00 - 21.00 | 10.00 - 10.20 |
| 08.30 - 22.00 | 17.30 - 18.15 | | | 19.00 - 19.30 |
| Kinderhoek | 18.15 - 19.00 | | | 20.00 - 20.20 |
| 08.30 - 11.30 | 19.15 - 20.15 | | | |
| | XCORE | | Ashtanga Yoga | Move It |
| | Booty | | Yin Yoga | Absolutely Core |
| | Battle | | | HIT |
| | BodyPump | | | Absolutely Core |
| | BodyAttack | | | |
| VRIJDAG | | | | |
| Openingstijden | 09.00 - 09.45 | 09.00 - 09.45 | 10.00 - 10.45 | 07.30 - 08.00 |
| | 10.00 - 10.45 | | | 09.00 - 09.30 |
| 07.00 - 22.00 | 18.30 - 19.15 | | | 09.30 - 10.00 |
| Kinderhoek | | | | 10.00 - 10.20 |
| 08.30 - 11.30 | | | | |
| | BRN | | Functional Training | Move It |
| | BodyPump | | | Ready to Rumble |
| | BRN | | | HIT |
| | | | | Absolutely Core |
| ZATERDAG | | | | |
| Openingstijden | 09.00 - 09.45 | 09.30 - 10.15 | 10.00 - 10.45 | 09.30 - 10.00 |
| | 10.00 - 11.00 | | | 10.00 - 10.30 |
| 08.30 - 14.30 | 11.00 - 11.45 | | | |
| | XCORE | | Booty | Move It |
| | BodyAttack | | | Ready to Rumble |
| | BodyPump | | | |
| ZONDAG | | | | |
| Openingstijden | 09.00 - 09.45 | 09.00 - 09.45 | 10.00 - 11.00 | |
| | 10.00 - 10.45 | | | |
| 08.30 - 14.30 | | | | |
| | BodyPump | | Ashtanga Yoga | |
| | GO | | | |

Het rooster kan in geval van ziekte of vakantie worden aangepast naar de mogelijkheden die op dat moment beschikbaar zijn. Uiteraard doen wij onze uiterste best om het rooster zoveel mogelijk door te laten gaan als hierboven staat vermeld.