

GROEPSLESROOSTER GELDIG VANAF JANUARI 2020



	MASTERCLASS	CYCLECLASS	STUDIO	VIRTUAL	FITNESS
MAANDAG	09.00 - 10.00 BodyPump 10.00 - 10.45 GO 12.30 - 13.15 BodyPump 13.45 - 14.30 XCORE 18.00 - 18.45 Beatz 18.45 - 19.45 BodyAttack 19.45 - 20.30 XCORE 20.30 - 21.30 BodyPump	10.00 - 11.00 RPM 18.30 - 19.30 RPM 19.30 - 20.30 Cycle Heartbeat	09.00 - 10.00 Functional Training 10.00 - 11.00 Pilates 19.00 - 20.00 Yin Yoga 20.00 - 21.00 Pilates	07.15 - 07.45 C Sprint 17.00 - 17.30 C Sprint	07.30 - 08.00 Move It 09.30 - 09.50 HIT 10.00 - 10.20 Absolutely Core 19.00 - 19.20 HIT 20.00 - 20.20 Absolutely Core 20.30 - 21.00 Move It
DINSDAG	09.00 - 09.45 XCORE 09.45 - 10.30 BRN 18.00 - 18.45 XCORE 18.45 - 19.30 BRN 19.30 - 20.15 Beatz 20.15 - 21.15 BodyPump	19.00 - 20.00 Cycle Heartbeat	10.00 - 11.00 Functional Training 18.30 - 19.30 Functional Training 19.30 - 20.30 Power Yoga	09.00 - 09.45 C RPM 11.00 - 12.00 M BodyPump 13.45 - 14.30 M XCORE 17.00 - 17.30 M BodyBalance 17.30 - 18.00 C Sprint	09.00 - 09.30 HIT 10.00 - 10.20 Absolutely Core 20.00 - 20.30 Ready to Rumble 20.30 - 21.00 Move It
WOENSDAG	09.00 - 09.45 BodyStep 09.45 - 10.45 BodyPump 10.45 - 11.30 XCORE 18.00 - 18.45 LXR 18.45 - 19.45 BodyPump 19.45 - 20.30 XCORE	09.00 - 10.00 RPM 19.30 - 20.15 Cycle Vibes	09.00 - 10.00 Pilates 19.00 - 20.00 Pilates 20.00 - 21.00 Yoga Flow	07.15 - 07.45 M BodyPump 11.00 - 11.30 C Sprint 14.00 - 15.00 M BodyPump 16.45 - 17.30 M XCORE 17.00 - 17.45 C RPM	09.00 - 09.20 HIT 09.30 - 10.00 Ready to Rumble 10.00 - 10.20 Absolutely Core 20.00 - 20.20 Absolutely Core 20.30 - 21.00 Move It
DONDERDAG	09.00 - 09.45 XCORE 09.45 - 10.30 Beatz 12.30 - 13.15 BodyPump 18.00 - 19.00 BodyPump 19.00 - 19.45 BodyStep 19.45 - 20.30 XCORE	18.00 - 19.00 Cycle Heartbeat 19.00 - 20.00 RPM	09.00 - 10.00 Functional Training 10.00 - 11.00 Ashtanga Yoga 18.30 - 19.30 M.O.M. 19.30 - 20.30 Pilates	09.00 - 09.45 C RPM 11.00 - 12.00 M BodyPump 14.00 - 14.45 M XCORE 17.00 - 17.30 C Sprint 17.00 - 17.45 M XCORE 20.00 - 20.45 C RPM	09.30 - 10.00 Move It 10.00 - 10.20 Absolutely Core 19.00 - 19.20 HIT 20.00 - 20.20 Absolutely Core
VRIJDAG	09.00 - 09.45 BRN 10.00 - 11.00 BodyPump 19.00 - 19.45 BRN	09.00 - 10.00 RPM	09.00 - 10.00 Body Flow 19.00 - 20.00 Yoga Flow	07.15 - 07.45 C Sprint 11.00 - 11.30 M BodyBalance 12.00 - 12.45 M XCORE 14.00 - 14.45 M BodyCombat 18.00 - 19.00 M BodyPump 19.00 - 19.45 C RPM	07.30 - 08.00 Move It 09.00 - 09.30 Ready to Rumble 09.30 - 09.50 HIT 10.00 - 10.20 Absolutely Core
ZATERDAG	09.00 - 09.45 LXR 10.00 - 11.00 BodyAttack 11.00 - 12.00 BodyPump	09.15 - 10.00 Cycle Vibes 10.00 - 11.00 RPM	09.30 - 10.30 Yoga Flow	11.15 - 12.00 C RPM 12.00 - 12.45 M XCORE	09.30 - 10.00 Move It 10.00 - 10.30 Ready to Rumble
ZONDAG	09.00 - 10.00 BodyPump 10.00 - 10.45 GO	09.00 - 10.00 RPM	10.00 - 11.00 Ashtanga Yoga 11.00 - 12.00 M.O.M.	11.00 - 11.30 C Sprint 11.30 - 12.00 M BodyPump 12.00 - 12.45 M XCORE	

Het rooster kan in geval van ziekte of vakantie worden aangepast naar de mogelijkheden die op dat moment beschikbaar zijn. Uiteraard doet Olympia haar uiterste best om het rooster zo veel mogelijk te laten doorgaan als hierboven staat vermeld.

M = Masterclass
C = Cycleclass