

## Group Class Studio

Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
	<b>Core &amp; back</b> 9u00 - 9u30 An	<b>Pilates</b> 9u00 - 10u00 An			<b>Body Pump</b> 8u45 - 9u30 Ivan	
<b>Restorative Yoga</b> 9u30 - 11u00 An	<b>Restorative Yoga</b> 9u30 - 10u30 An	<b>Vinyasa Yoga</b> 10u00 - 11u00 An	<b>Restorative Yoga</b> 09u30 - 11u. An	<b>Body Circuit</b> 9u30 - 10u00 Mich	<b>Body Pump</b> 9u30 - 10u30 Ivan	<b>CX Worx</b> 9u30 - 10u. Koen
	<b>Vinyasa Yoga</b> 10u30 - 11u30 An		<b>Block 'n Roll Pilates</b> 11u. - 11u30 An	<b>Body Toning</b> 10u00 - 11u00 Mich	<b>Vinyasa Yoga</b> 10u45u - 12u An	<b>Body Pump</b> 10u00 - 11u00 Koen
		<b>Body Toning</b> 12u00 - 13u00 Mich	<b>Body Toning</b> 12u00 - 13u00 Mich		<b>Restorative Yoga</b> 12u - 12u45 An	<b>Vinyasa Yoga</b> 11u00 - 12u00 Alja
<b>Fight &amp; Fit</b> 12u30 - 13u30 Mamoudou					<b>LA Boxing</b> 13u00 - 14u00 Bengi	<b>Body Combat</b> 12u00 - 13u00 Iris
		<b>Fight &amp; Fit</b> 17u30 - 18u30 Mamoudou				
<b>Yin Yang Yoga</b> 18u15 - 19u15 Gulcan	<b>Abdo</b> 18u30 - 19u00 Mich	<b>CX Worx</b> 18u30 - 19u00 Inger	<b>CX Worx</b> 18u30 - 19u00 Inger			
<b>Body Pump</b> 19u15 - 20u15 Inger	<b>Zumba</b> 19u00 - 20u00 Mich	<b>Body Pump</b> 19u00- 20u00 Inger	<b>Body Pump</b> 19u00- 20u00 Inger			
<b>Body Combat</b> 20u15 - 21u15 Laurie	<b>Body Pump</b> 20u00 - 21u00 Dennis		<b>Vinyasa yoga</b> 20u00 - 21u30 An			

## Cycling Studio

Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
						<b>Indoor Cycling</b> 11u15 - 12u15 Koen
<b>Indoor Cycling</b> 19u - 20u Seth			<b>Indoor Cycling</b> 19u - 20u Seth			