

Group Class Studio

Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
					09:00 - 10:00 Body Pump with Ivan	
10:00 - 11:00 Yoga with Mounira	10:00 - 11:00 Yoga with Leen		10:00 - 11:00 Yoga with An	09:30 - 10:00 Body Circuit with Mich	10:00 - 11:00 Body Pump with Ivan	10:00 - 10:30 CXWORX with Koen
	11:00 - 12:00 Pilates with Leen			10:00 - 11:00 Body Toning with Mich	11:00 - 12:00 Yoga with An	10:30 - 11:30 Body Pump with Inger
12:30 - 13:30 Fight & Fit with Mamadou		12:00 - 13:00 Body Toning with Mich	12:00 - 13:00 Body Toning with Mich			
		17:30 - 18:30 Fight & Fit with Mamadou				
	18:30 - 19:00 CXWORX with Inger	18:30 - 19:00 CXWORX with Inger	18:30 - 19:30 Yoga with An			
	19:00 - 20:00 Body Pump with Inger	19:00 - 20:00 Body Pump with Inger	19:45 - 20:45 Body Pump with Inger			
	20:00 - 21:00 Zumba with Mich	20:00 - 21:00 Body Pump with Inger				

Cycling Studio

19:00 - 20:00 Spinning with Seth						
--	--	--	--	--	--	--

