

**Group Class Studio**

**Group Class Studio**

| Maandag                          | Dinsdag                          | Woensdag                    | donderdag                               | Vrijdag                     | Zaterdag                             | Zondag                    |
|----------------------------------|----------------------------------|-----------------------------|---|-----------------------------|--------------------------------------|---------------------------|
|                                  | Bodypump<br>07u30- 08u15         | Pilates<br>09u00-10u00      | Bodypump<br>07u30- 08u15                |                             | Core<br>09u00-09u30                  |                           |
| Restoratieve Yoga<br>09u30-11u00 | Core & back<br>09u00-09u30       | Vinyasa Yoga<br>10u00-11u00 | Restoratieve Yoga<br>09u30-11u00        | Body Circuit<br>09u30-10u00 | Bodypump<br>09u30-10u30              | Core<br>09u30-10u00       |
|                                  | Restoratieve Yoga<br>09u30-10u30 | Body toning<br>11u00-12u00  | Block 'n Roll<br>Massage<br>11u00-11u30 | Body toning<br>10u00-11u00  | Spicy Vinyasa<br>Yoga<br>10u45-12u15 | Bodypump<br>10u00-11u00   |
|                                  | Vinyasa Yoga<br>10u30-11u30      |                             |   |                             | Restoratieve Yoga<br>12u15-12u45     | Bodycombat<br>11u00-12u00 |
|                                  |                                  |                             |   |                             |                                      | Pilates<br>12u00-13u00    |

|                            |  |                            |  |  |  |  |
|----------------------------|--|----------------------------|--|--|--|--|
| Fight & Fit<br>17u00-18u00 |  | Fight & Fit<br>17u00-18u00 |  |  |  |  |
|----------------------------|--|----------------------------|--|--|--|--|

**Group Class Studio**

**Group Class Studio**

| Maandag                         | Dinsdag                   | Woensdag                     | donderdag                   | Vrijdag | Zaterdag | Zondag |
|---------------------------------|---------------------------|------------------------------|-----------------------------|---------|----------|--------|
| Booty-builder<br>18u30-19u00    | Core<br>18u30-19u00       | Core<br>18u30-19u00          | Core<br>18u30-19u00         |         |          |        |
| Bodypump<br>19u00-20u00         | Zumba<br>19u00-20u00      | Bodypump<br>19u00-20u00      | Bodypump<br>19u00-20u00     |         |          |        |
| Beautiful ballet<br>20u00-21u00 | Bodycombat<br>20u00-21u00 | Booty-builder<br>20u00-20u30 | Vinyasa Yoga<br>20u00-21u00 |         |          |        |

**Cycling Studio**

**Cycling Studio**

| Maandag                | Dinsdag                | Woensdag | donderdag              | Vrijdag | Zaterdag | Zondag |
|------------------------|------------------------|----------|------------------------|---------|----------|--------|
|                        |                        |          |                        |         |          |        |
|                        |                        |          |                        |         |          |        |
| Cycling<br>19u00-20u00 | Cycling<br>19u00-20u00 |          | Cycling<br>19u00-20u00 |         |          |        |



