

LESROOSTER

Maandag - 08.00-22.00

Tijd	Les	
09:15u - 10:15u	Pilates	11
09:15u - 09:45u	Circuitfit	6
09:50u - 10:00u	Six pack attack	4
18:30u - 18:40u	Six pack attack	4
18:45u - 19:45u	Bodyjam	3
18:45u - 19:15u	Circuitfit	4
19:30u - 19:40u	Six pack attack	7
19:45u - 20:45u	Bodypump	3
20:30u - 20:40u	Six pack attack	7
20:50u - 21:40u	Zumba	4

Dinsdag - 08.00-22.00

Tijd	Les	
09:15u - 09:45u	Circuitfit	6
09:50u - 10:00u	Six pack attack	10
18:30u - 18:40u	Six pack attack	7
18:45u - 19:15u	CX Worx	6
18:45u - 19:15u	Circuitfit	10
19:15u - 20:15u	Kickfit	6
19:30u - 19:40u	Six pack attack	10
20:15u - 21:15u	Step attack	7
20:20u - 20:35u	Six pack attack	10

Woensdag - 08.00-22.00

Tijd	Les	
09:15u - 09:45u	Circuitfit	4
09:15u - 10:15u	Zumba power	11
09:50u - 10:00u	Six pack attack	4
10:30u - 11:30u	Powerfit	4
16:30u - 17:30u	KidsFit	6
17:45u - 18:35u	Zumba kids	1
18:30u - 18:40u	Six pack attack	6
18:45u - 19:15u	CX Worx	11
18:45u - 19:15u	Circuitfit	6
19:15u - 19:45u	Zumba 30	11
19:30u - 19:40u	Six pack attack	7
20:00u - 21:00u	Pilates	11
20:30u - 20:40u	Six pack attack	7

Donderdag - 08.00-22.00

Tijd	Les
08:00u - 22:00u	(Gesloten!!)

Vrijdag - 08.00-21.30

Tijd	Les	
09:15u - 09:45u	Circuitfit	7
09:15u - 10:15u	Bodymix	11
18:30u - 18:40u	Six pack attack	2
18:45u - 19:15u	Circuitfit	8
19:00u - 20:00u	Bodypump	4
19:30u - 19:40u	Six pack attack	2
20:00u - 20:30u	CX Worx	3
20:30u - 21:20u	Zumba	4

Zaterdag - 10.00-16.00

Tijd	Les	
10:15u - 10:45u	Circuitfit	1

Zondag - 10.00-16.00

Tijd	Les	
10:15u - 10:45u	Circuitfit (Ryan of Gaby)	10
11:30u - 12:20u	Zumba	9

SPORT WITH FUN,
GO FOR IT...



1.CLAUDIA



2.GABY



3.KIM H.



4.LAWRENCE



5.MARTIJN



6.MATHIJS



7.PAMELA



9.ROXY



11.SABINE