

ROOSTER (vanaf 15 sept)

Fitness : ma t/m vr: 08:00 – 22:00 uur
za en zo: 09:00 - 16:00 uur

Maandag:
9:00 Shape (Rosa)
10:00 Bodybalance (Angela)
10:00 New! Steps (Rosa)
11:00 Easy Zumba (Gino)
12:00 SeniorFit (Gino)
18:00 Zumba (Naomi)
19:00 New! Power Yoga (Patrycja)
19:00 Spinning (Lars)
19:00 New! Kickbox (Marlon)
20:00 New! Buik training 15 min (Jenny)
20:00 BodyAttack (Lars)
21:00 Bodypump (Lars)
Dinsdag:
9:00 Bodypump (Lars)
10:00 New! Bootcamp (Esther) vanaf 26.09
10:00 Pilates (Lars)
11:00 Spinning (Lars)
12:00 SeniorFit (Jenny)
13:30 Zumba Easy (Gino)
18:00 New! Boksen Kinderen 9-12 (Wugar)
18:30 New! Yin Yoga (Patrycja)
19:00 Boksen-gevorderden (Wugar)
20:00 New! Boksen-beginners (Alpha)
19:00 Shape (Jenny)
20:00 Spinning (Teun)
20:00 Pilates (Nina)
21:00 New! Zumba (Shresta)
21:00 New! Ballet Barre Workout (Nina) vanaf 10.10
Woensdag:
9:00 Steps (Jenny/Lars)
10:00 Shape (Jenny)
11:00 New! Zumba Easy (Helena)
12:00 Hatha Yoga (Angela)
13:30 New! Streetdance Kinderen (Sarah)
18:00 Spinning (Teun)
19:00 Circuit (Teun)
20:00 New! Kickboksen (Marlon)
20:00 Bodypump (Lars)
21:00 Pilates (Lars)

Donderdag:
9:00 Spinning (Lars)
10:00 Buik training 20 min (Jenny)
10:30 Hatha Yoga (Angela)
12:00 SeniorFit (Gino)
17:00 Boksen Kinderen 5-8 (Wugar)
18:00 Boksen (Wugar)
19:00 Shape (Rosa/Jenny)
20:00 New! Boksen Senioren (Alpha)
20:00 Zumba (Berry)
21:00 Spinning (Jenny/Lars)
21:00 Yang Yin Yoga (Angela)
Vrijdag:
9:00 Shape (Gino/Jenny)
10:00 New! Bootcamp (Esther) vanaf 29.09
10:00 Pilates (Lars)
10:00 New! Zumba (Helena)
11:00 Spinning (Lars)
11:30 New! Yin Yoga (Patrycja)
12:00 New! SeniorFit (Alpha)
19:00 Kickboksen (Wugar)
20:00 Bodybalance (Lars)
21:00 Zumba-Dance! (Gino)
Zaterdag:
9:00 New! Sh'Bam (Naomi)
9:00 Shape (Jacqueline)
10:00 New! Ashtanga Yoga (Iris)
10:00 Bodypump (Jacqueline)
11:00 Spinning (Lars/Teun)
11:15 New! Ballet Barre Workout (Nina) vanaf 14.10
12:15 New! Combat (Jelmer) vanaf 7.10
Zondag:
9:00 Spinning (Lars)
10:00 New! Ashtanga Yoga (Angela/Amanda)
10:00 Zumba (Berry)
11:00 Bodypump (Jelmer)
12:30 Bootcamp (Caroline)