

# ROOSTER (jan 2019)

**Fitness Jenergy-1 en Jenergy-2** : ma t/m vr: 08:00 – 22:00 uur  
za en zo: 09:00 - 16:00 uur [info@jenergy.nl](mailto:info@jenergy.nl) t.0646043336

## Maandag:

9:00 BodyBalance (Nina)  
9:00 Shape (Gino)  
10:00 Spinning (Jenny) **NEW**  
11:00 Zumba (Gino)  
12:00 SeniorFit (Gino)  
18:00 Zumba (Naomi)  
19:00 Bodypump (Sangeeta)  
20:00 BodyCombat (Sangeeta)  
20:00 Ashtanga Yoga (Iris)  
20:15 Fitness Functional Training (Fabian)

## Dinsdag:

9:00 Bodypump (Sangeeta) **NEW**  
9:00 Pilates (Ksenya)  
10:00 Hatha Yoga (Ksenya)  
12:00 SeniorFit (Jenny)  
18:00 Shape (Jenny/Gino) **NEW**  
19:00 Yin Yoga (Nina)  
19:00 Shape (Gino/Jenny)  
19:00 BoksFit (Kris)  
20:00 Boksen (Alpha)  
20:00 Spinning (Teun)  
20:00 Pilates (Nina)  
21:00 AfroZumba (Gino)

## Woensdag:

9:00 Shape (Bianca)  
9:15 Ashtanga Yoga (Iris)  
10:00 Step (Bianca)  
10:30 Yin Yoga (Iris)  
11:00 Salsa Solo (Gino)  
12:00 Senior Fitness (Gino) **NEW** vanaf 6.2  
18:00 Spinning (Teun)  
19:00 Circuit (Teun)  
20:00 BodyAttack (Lars) **NEW**  
20:00 Mindful Yoga (Zdenka)  
21:00 Bodypump (Lars)

## Donderdag:

9:00 Bodypump (Lars) **NEW**  
10:00 Spinning (Lars)  
10:00 Yin Yang Yoga (Nina)  
11:00 Shape (Gino)  
12:00 SeniorFit (Gino)  
18:00 Boksen (Wugar)  
19:00 Shape (Jenny)  
20:00 BodyBalance (Ton) **NEW**  
20:00 Zumba (Berry)  
20:00 Boksen (Alpha)  
21:00 Spinning (Jeroen)

## Vrijdag:

9:00 Shape (Jenny/Gino)  
10:00 Pilates (Ksenia)  
10:00 Spinning (Lars) **NEW**  
11:00 Salsa Solo (Gino)  
12:00 SeniorFit (Alpha)  
19:00 Kickboksen (Camillus)  
19:00 Yin Yang Yoga (Iris)  
20:15 Spinning (Iris)

## Zaterdag:

9:00 Shape (Jenny)  
9:45 Ashtanga Yoga (Iris)  
10:00 Bodypump (Jelmer)  
11:00 Spinning (Bianca /Jenny/Teun)  
11:15 Flow Yoga (Nina)  
12:30 AfroZumba (Gino)

## Zondag:

8:45 Spinning (Vincent)  
9:30 Hatha Yoga (Patrycja)  
10:00 Kickboks (Wugar)  
10:00 Zumba (Berry)  
11:00 Bodypump (Jelmer)  
12:00 Bootcamp (Caroline)  
12:15 Salsa Solo (Gino)