



# ROOSTER GROEPSLESSEN

(vanaf 1 september 2020)

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

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| <b>Maandag:</b>                              |
| 9:00 Shape (Bianca)                          |
| 10:00 Pilates (Bianca)                       |
| 10:00 Spinning (Vincent) vanaf 5.10          |
| 12:00 SeniorFit (Gino)                       |
| 18:00 Step-2 gevorderden (Leo)               |
| 18:30 Ashtanga Yoga (Reinier)                |
| 19:00 Power Hour (Leo)                       |
| 19:00 Bootcamp (Caroline)                    |
| 20:00 Jenergy Flow Yoga (Reinier)            |
| 20:00 Urban Dance (Leo)                      |
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| <b>Dinsdag:</b>                              |
| 9:00 Power XL (Lars)                         |
| 9:00 Shape/Circuit (Bianca)                  |
| 10:00 Spinning (Lars)                        |
| 10:15 Flow Yoga (Bianca)                     |
| 12:00 SeniorFit/Easy Shape (Jenny)           |
| 18:00 Step-1 beginners (Leo)                 |
| 19:00 Urban Dance (Leo)                      |
| 19:00 Shape (Gino)                           |
| 19:00 Yin Yoga (Bianca)                      |
| 19:00 Boks (Wugar)                           |
| 20:00 PowerXL (Lars)                         |
| 20:00 Pilates (Bianca)                       |
| 21:00 Spinning (Lars)                        |
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| <b>Woensdag:</b>                             |
| 9:00 Shape (Bianca)                          |
| 9:15 Ashtanga Yoga (Iris)                    |
| 10:00 Step (Bianca)                          |
| 10:30 Yin Yoga (Iris)                        |
| 11:00 Salsa Solo (Gino)                      |
| 18:00-19:30 Ashtanga Primary Serie (Reinier) |
| 19:00 Spinning (Jenny)                       |
| 19:00 Dance & Shape (Naomi)                  |
| 20:00 Let's Move (Lars)                      |
| 20:00 Mindful Yoga (Zdenka)                  |
| 21:00 Power XL (Lars)                        |

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| <b>Donderdag:</b>               |
| 9:00 Power XL (Lars)            |
| 10:00 Spinning (Lars)           |
| 12:00 SeniorFit (Gino)          |
| 19:00 Shape (Jenny)             |
| 19:00 Boksen/Kickboksen (Wugar) |
| 20:00 ZumbaFit (Berry)          |
| 20:00 Boksen (Matthieu)         |
| 21:00 DanceMix (Gino)           |
|                                 |
| <b>Vrijdag:</b>                 |
| 9:00 Shape (Bianca)             |
| 10:00 Pilates (Bianca)          |
| 11:00 Salsa Solo (Gino)         |
| 11:00 SeniorFit (Bianca)        |
| 19:00 Kickboksen (Camillus)     |
| 19:00 Yin Yoga (Iris)           |
| 20:15 Spinning (Iris)           |
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| <b>Zaterdag:</b>                |
| 8:30 Ashtanga Yoga 2 (Iris)     |
| 9:00 Shape (Bianca)             |
| 9:45 Ashtanga Yoga 1 (Iris)     |
| 10:00 Bootcamp (Bianca)         |
| 11:00 Yin Yoga (Iris)           |
| 11:15 Spinning (Bianca)         |
| 12:30 DanceMix (Gino)           |
|                                 |
| <b>Zondag:</b>                  |
| 9:00 PowerXL (Lars)             |
| 9:15 Hatha Yoga (Ksenya)        |
| 10:00 ZumbaFit (Shresta)        |
| 10:30 Pilates (Ksenya)          |
| 11:00 Shape (Jenny/Gino)        |
| 12:00 Bootcamp (Caroline)       |

\* Onze groepslesrooster is altijd dynamisch en onder voorbehoud.

Heb je belangstelling meld je dan aan [Info@jenergy.nl](mailto:Info@jenergy.nl)