

Livestream groepslesrooster Westvliet, Deleyens & Sportschool Muilwijk

do 5 nov t/m wo 18 nov 2020

Do 05	09:15 BBB - Petra DL 10:30 Hatha Yoga - Anja DL 19:30 GRIT Strength - Anouk WV 20:15 Yin Yoga - Grace WV	Do 12	09:15 Pilates - Monica WV 10:30 Pump - Anouk WV 18:30 Xcore - Valerie DL 19:30 BBB - Petra DL
Vr 06	09:00 Pump - Gea WV 10:15 Zumba - Janine WV (zoom) 11:15 Hatha Yoga - Jacqueline WV 19:00 BodyCombat - Ines SPM 20:00 Zumba - Ilius DL (zumba platform)	Vr 13	09:00 Gladiator - Sandy DL 10:00 Dance Mix - Saray DL (zoom) 11:00 Yogalates - Anja DL 19:00 BodyCombat - Ines SPM 20:00 Zumba Ilius - DL (zumba platform)
Za 07	09:15 Xcore - Saray DL 10:15 BodyPump - Saray DL 11:15 Power Yoga - Saray DL	Za 14	09:00 BodyPump - Gea WV 10:15 Xcore - Sandra WV 11:15 BodyBalance - Anouk WV
Zo 08	09:15 GRIT Cardio - Sandra WV 10:00 BodyPump - Floor WV 11:15 BodyBalance - Monica WV	Zo 15	09:30 Zumba - Ilius DL (zumba platform) 10:00 BodyAttack - Ines SPM 11:15 BodyPump - Ines/Anouk SPM
Ma 09	09:15 Xcore - Sandra WV 10:15 TBW Gold - Angelique WV 18:30 Zumba - Ilius DL (zumba platform) 19:30 BodyShape - Sandy DL	Ma 16	09:15 Pilates - Petra DL 10:30 BBB - Petra DL 19:00 BodyPump - Gea WV 20:15 BodyBalance - Anouk WV
Di 10	09:15 TBW - Sandy DL 10:30 BodyBalance - Anouk WV (bij DL) 19:00 BodyAttack - Ines SPM 19:30 Zumba Ilius - DL (zumba platform) 20:15 BodyPump - Anouk SPM	Di 17	09:15 Zumba - Ilius DL (zumba platform) 10:15 TBW - Sandy DL 11:15 Hatha Yoga - Anja DL 19:00 Xcore - Debby WV 20:00 Grit Strength - Maria WV 20:30 YinYang Yoga - Dong WV
Wo 11	09:15 Xcore - Leila WV 10:30 Hatha Yoga - Jacqueline WV 19:00 Zwangerschapsyoga – Assal WV 19:00 Zumba - Els WV (zoom) 20:15 Pilates - Caroline WV	Wo 18	09:15 Pilates - Gera DL 10:15 Yoga - Gera DL 19:00 Gladiator - Sandy DL 20:15 Pump - Anouk DL

- Lessen gaan LIVE via de besloten Facebook-groep **Westvliet, Deleyens & Sportschool Muilwijk Online**.
- De Zumba lessen zullen via zoom of alternatief zumba platform worden gestreamd. De link naar deze lessen zal wel op FB worden gedeeld en/of via email.