

LESROOSTER vanaf maandag 2 september 2019

MAANDAG	Zaal 1	Functioneel/Buiten	Cycle zaal
09.15	XCORE (45)		
10.00	Club Yoga (60)	XCO Walking (60)	
16.00		Kids Challenge (45)	
19.00	BBB (60)	Core Training (30)	
19.30		Cardioboksen (45) va okt	Cycle (55)
20.00	Attack (60)		
DINSDAG	Zaal 1	Functioneel/Buiten	Cycle zaal
09.15	Club Step (45)		
10.00	Core (30)		
10.30	Club Yoga (60)		
13.30	Lichte yoga (60)		
18.30	Power (60)		
19.30	BRN (45)	DINAMI Running (90)	
20.15	Dance (45)		
WOENSDAG	Zaal 1	Functioneel/Buiten	Cycle zaal
09.15	Power (60)	Core Training (30)	
09.45		Challenge (30)	
10.15			Cycle (55)
18.30	Jeugd Jiu Jitsu (zaal 2)		
19.00	XCORE (45)	Challenge (30)	Cycle (55)
19.30	Jiu Jitsu (zaal 2)		
19.45	Club Step (45)	Cardioboksen (45) va okt	
20.30	Pilates (60)		
DONDERDAG	Zaal 1	Functioneel/Buiten	Cycle zaal
09.15	Active Pilates (60)		
10.15	Yin Yoga (60)		
19.00	Power (60)	Bootcamp (60)	
20.00	Battle (60)		
VRIJDAG	Zaal 1	Functioneel/Buiten	Cycle zaal
09.15	Power (60)	Core Training (30)	
09.45		Challenge (30)	
10.15			Cycle (55)
19.00	XCORE (45)		
ZATERDAG	Zaal 1	Functioneel/Buiten	Cycle zaal
09.30	BRN (45)	Core training (30)	
10.00		Challenge (30)	
10.30	Drums & Dance (45)		
ZONDAG	Zaal 1	Functioneel/Buiten	Cycle zaal
09.30	Power (60)		
10.35	Yin Yoga (75)		Cycle (55)