

Groepslessen rooster

per 05 oktober 2009

D A G	Tijd	Maandag	Studio	Tijd	Dinsdag	Studio	Tijd	Woensdag	Studio	Tijd	Donderdag	Studio	Tijd	Vrijdag	Studio
	9:15	Bodyshape (55)	1	9:15	Zumba (55)	1	9:15	Bodystep (55)	1	9:15	Bodypump (55)	1	9:15	Bodyshape (55)	1
9:30	Buikspier (15)	F	9:15	Babyzwemmen (30) 0-2	Z	9:30	Buikspier (15)	F	9:30	Buikspier (15)	F	9:30	Buikspier (15)	F	
10:00	Circuit Class (30)	F	9:30	Buikspier (15)	F	10:20	Aquarobics (45)	Z	10:00	Walking Class (30)	F	10:20	Bodyvive (55)	1	
10:20	Kickfun (55)	2	9:45	Peuterzwemmen (30) 2-	Z	10:20	Cycling (55)	C	10:30	Buikspier (15)	F	10:30	Buikspier (15)	F	
10:20	Pilates (55)	BM	10:00	Walking Class (30)	F	10:20	Zumba (55)	1							
10:20	Cycling (55)	C	10:30	Buikspier (15)	F	10:20	Pilates beginners (55)	BM							
10:30	Buikspier (15)	F				10:30	Buikspier (15)	F							
						15:00	Sports4Fun (55) 6-9	2							

Tijd	Zaterdag	Studio	Tijd	Zondag	Studio
9:15	Bodypump (55)	1	9:15	Bodypump (55)	1
9:15	Cycling (55)	C	9:15	Cycling (55)	C
9:15	Aquarobics (45)	Z	9:15	Babyzwemmen (30) 0-2	Z
9:30	Buikspier (15)	F	9:30	Buikspier (15)	F
10:20	Kickfun (55)	2	9:45	Peuterzwemmen (30) 2-	Z
10:20	Bodybalance (55)	BM	10:20	Sports4Fun (55) 6- 10	MSR
10:30	Buikspier (15)	F	10:20	Bodyattack (55)	2
			10:20	Cycling (55)	C
			10:30	Buikspier (15)	F
			11:30	Klimmen (45)	K

A V O N D	18:00	Bodypump (55)	1	18:00	Bodyvive (55)	1	17:00	Jam4Fun (55) 10+ jr	2	18:00	Bodypump (55)	1	19:00	Zumba (55)	1
	18:15	Cycling (55)	C	18:15	Cycling (55)	C	18:00	Zumba (55)	2	19:00	Bodyattack (55)	2			
	19:00	Step (55)	1	19:00	Bodypump (55)	1	18:00	Bodypump (55)	1	19:00	Bodystep (55)	1			
	19:00	KickFun (55)	2	19:15	Aquarobics (45)	Z	19:00	Kickfun (55)	2	19:00	Pilates gevorderd (55)	BM			
	19:15	Cycling (55)	C	19:00	Bodycombat (55)	2	19:00	Bodyvive (55)	1	19:15	Buikspier (15)	F			
	19:15	Buikspier (15)	F	19:15	Buikspier (15)	F	19:00	Pilates (55)	BM	19:30	Aquarobics (45)	Z			
	19:30	Circuit Class (30)	F	19:15	Cycling (55)	C	19:00	Thai - boksen (90)	MSR	19:30	Running Class (30)	F			
	19:30	Pilates (55)	BM	19:30	Power Ball (30)	BM	19:15	Cycling (55)	C	20:00	Kickfun (55)	2			
	20:00	Bodypump (55)	1	20:00	Bodyshape (55)	1	19:15	Buikspier (15)	F	20:00	Bodyjam (55)	1			
	20:00	Walking Class (30)	F	20:00	Zumba (55)	2	19:30	Walking Class (30)	F	20:30	Buikspier (15)	F			
	20:30	Buikspier (15)	F	20:00	Running Class (30)	F	20:00	Klimmen (45)	K	20:15	Cycling (55)	C			
	21:00	Zumba (55)	1	20:00	Pilates (55)	BM	20:00	Total Workout (55)	1	21:00	Bodybalance (55)	BM			
				20:30	Buikspier (15)	F	20:00	Bodybalance (55)	BM						
				21:00	Zumba (55)	1	20:15	Cycling (55)	C						
							20:30	Buikspier (15)	F						

Legenda

1	Studio 1		Body & Mind
2	Studio 2		Spierversterking
C	Cycling Studio		& Uithoudingsvermogen
BM	Body & Mind Studio		Uithoudingsvermogen
F	Fitness		Spierversterking
Z	Zwembad		Spierversterking & Stabiliteit
K	Klimhal		Jeugdlessen
MSR	MultiSportsRoom		