

30 NOVEMBER T/M 19 DECEMBER LESROOSTER

MAANDAG

08:00 Kettlebell

09:00 Pilates

15:30 BodyPump

19:00 Power Yoga

Aerobics Studio

Body&Mind Studio

Aerobics Studio

Online

DINSDAG

09:00 Bodyshape

10:00 Hatha Yoga

15:30 Bag Workout

19:00 Yin Yoga

20:00 Zumba

Aerobics Studio

Body&Mind Studio

Box Studio

Online

Online

WOENSDAG

09:00 TBW

09:00 Pilates

09:00 Spinning

10:30 Bag Workout *v.a. 7/12

14:00 TBW

20:00 Pilates

Aerobics Studio

Body&Mind Studio

Box Studio

Box Studio

Aerobics Studio

Online

DONDERDAG

09:00 Bodypump

15:00 Cross-HIIT

19:00 Yin Yoga

Aerobics Studio

Aerobics Studio

Online

VRIJDAG

08:00 Kettlebell	Aerobics Studio
09:00 Pilates Flow	Body&Mind Studio
09:00 XCORE	Aerobics Studio
10:00 Spinning	Box Studio
15:30 Bag Workout	Box Studio

ZATERDAG

09:00 Yang Yoga	Body&Mind Studio
09:00 XCORE	Aerobics Studio
09:00 Bag Workout	Box Studio
10:00 Steps	Aerobics Studio
10:15 MeditatiefLOW	Body&Mind Studio
11:15 Bodypump	Aerobics Studio

ZONDAG

09:00 Spinning	Box Studio
09:00 LXR	Aerobics Studio
09:30 Vinyasa Yoga	Body&Mind Studio
10:00 Bodypump	Aerobics Studio
10:00 Spinning	Box Studio
11:15 Zumba	Aerobics Studio

Reserveren is verplicht
Te laat = geen toegang
Houd 1,5m afstand

**Voor Virtual lessen: lifeandkicking.net/lesrooster
Voor online lessen: beastieworkouts.com**