

ROOSTER 2020

GROEPSLESZAAL						
maandag	dinsdag	woensdag	donderdag	vrijdag	zaterdag	zondag
09.00 Fascia Pilates	09.00 Verrassing - 30M	09.00 BodyShape	09.00 Verrassing - 30M	09.00 Barre/Pilates	09.30 Core/Shape	09.30 Brn/Surprise
10.00 Dance	10.15 Pilates		10.15 Yogalates	10.00 Yoga		10.30 Yogalates
		16.00 Ouder/kinder Yoga		16.00 Kinderyoga (4-7)		
18.45 Pilates	18.30 Mindfulness	18.30 Pilates				10.30 Kinderyoga (7-10)
19.45 Core/BRN	19.30 Dance	19.45 Strong by Zumba	19.30 Step/shape			11.30 Kinderyoga (7-10)
	20.15 Brn					
20.45 Yogalates			20.30 Pilates Var!			
CIRCUITZAAL						
07.15 vrij trainen		07.15 vrij trainen		08.15 small group	07.30 small group	
09.00 small group	09.30 small group	09.00 small group	09.30 small group	09.00 small group	09.00 small group	
10.00 small group		10.00 PLTS small group		10.00 PLTS small group	10.00 PLTS small group	10.00 small group
17.30 small group	17.30 small group	17.30 small group	17.30 small group		11.00 vrij trainen	11.00 vrij trainen
19.30 Boxx/Strength	19.30 small group	19.30 small group	19.30 small group*			
20.45 small group	20.45 small group	20.45 small group	20.45 small group			
OUTDOOR						
		09.00 bootcamp				09.30 bootcamp
OPENINGSTIJDEN						
07.15 - 08.30		07.15 - 08.30			07.30 - 08.30	
07.15 - 12.30	08.30 - 12.00	07.15 - 12.00	08.30 - 12.30	08.30 - 12.00	08.30 - 12.00	09.15 - 11.30
17.15 - 21.30	17.15 - 21.30	17.15 - 21.30	17.15 - 21.30	Gesloten		11.30 - 13.00
KINDEROPVANG						
09.00 - 10.00	09.30 - 11.00	09.00 - 10.00	09.30 - 11.00	09.00 - 10.00		09.30 - 10.30

\*Trainer: Rogér van Kooij

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