

Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
<p>9:00-9:45 CLASSIC RIDE René</p> <p>18:00-18:45 BODYPUMP Erwin</p> <p>19:00-19:45 CLASSIC RIDE Jochem</p> <p>20:00-20:45 BODYCOMBAT Karin</p>	<p>10:00-10:30 GRIT STRENGTH Martijn</p> <p>20:00-20:30 GRIT STRENGTH Anita</p>	<p>9:00-9:45 CLASSIC RIDE René</p> <p>18:00-18:45 KICK & HIT Daan</p> <p>19:00-19:45 BODYATTACK Robert</p> <p>20:00-20:45 BODYPUMP Erwin</p>	<p>9:00-9:30 GRIT CARDIO Nanno</p> <p>10:00-10:45 KICK & HIT Donovan</p> <p>17:15-18:00 CLASSIC RIDE Jochem</p> <p>18:15-18:45 GRIT STRENGTH Nynke</p> <p>19:00-19:45 BODYATTACK Isidor</p> <p>20:00-20:45 BODYPUMP Erwin</p>	<p>9:00-9:45 BODYPUMP Maaïke</p> <p>10:00-10:45 CLASSIC RIDE Anneke</p> <p>12:30-13:00 GRIT STRENGTH Martijn</p> <p>17:15-18:00 BODYPUMP Chan</p> <p>18:15-19:00 CLASSIC RIDE Marc</p>	<p>9:30-10:15 CLASSIC RIDE Inez</p> <p>10:30-11:15 BODYPUMP Chan</p> <p>11:30-12:15 BODYCOMBAT Karin</p>	<p>11:00-12:00 BODYPUMP Erwin</p>

BODY & MIND

ZOMER ROOSTER 19 – 25 Aug

Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
	9:00-9:45 YOGA Esther	9:00-9:45 TONE Jochem	9:00-9:45 YOGA Gina	9:00-9:45 YOGA Liana	9:30-10:15 YOGA Sarah	
	10:00-10:45 PILATES Gina	10:00-10:45 BALANCE Marion Z	10:00-10:45 PILATES Gina	10:00-10:45 TONE Virginia		
17:30-18:15 BODYBALANCE Virginia		17:00-17:45 PILATES Alessandro			11:30-12:15 BODYBALANCE Chan	
18:30-19:15 TONE Virginia	18:00-18:45 SH'BAM Marion Z	18:00-18:45 YOGA Esther	18:00-18:45 PILATES Alessandro			
19:30-20:15 YOGA Joost	19:30-20:15 TONE Neeltje	19:00-19:45 PILATES Marion Z	19:00-19:45 BODYJAM Marion Z	19:00-19:45 BODYJAM Corine		
		20:00-20:45 BODYBALANCE Marion Z	20:00-20:45 BODYBALANCE Marion Z			

POOL & OUTDOOR + FITNESSROOM ZOMER ROOSTER 19 – 25 Aug

Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
10:50-11:35 AQUAFIT Marion L	9:00-09:45 AQUAFIT Sanne	10:00-10:45 AQUAFIT Marion L	10:00-10:45 AQUAFIT Marion L	10:50-11:35 AQUAFIT Virginia	9:30-10:00 GRIT STRENGTH Anita FITNESSROOM	11:30-12:15 AQUAFIT Nelleke
					10:30-11:30 BOOTCAMP Anita	
19:30-20:15 AQUAFIT Virginia		20:00-20:45 AQUAFIT Sanne				
19:00-19:30 GRIT STRENGTH Martijn FITNESSROOM						
19:45-20:45 BOOTCAMP Melina	19:00-20:30 PLAZA RUN Hanneke	19:45-20:45 BOOTCAMP Ferry				

