

CYCLE ZONE

02 – 08 september

Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
9:00-9:45 CLASSIC RIDE René		9:00-9:45 CLASSIC RIDE René		9:00-9:45 CLASSIC RIDE Anneke	09:30-10:15 CLASSIC RIDE Inez	09:30-10:15 CLASSIC RIDE Inez
			17:30-18:15 CLASSIC RIDE Jochem			
18:00-18:45 CLASSIC RIDE Jochem	18:00-18:45 CLASSIC RIDE Floor	18:30-19:15 CLASSIC RIDE ...		18:00-18:45 CLASSIC RIDE Marc		
19:00-19:45 CLASSIC RIDE Yvonne	19:00-19:45 CLASSIC RIDE Floor	19:30-20:15 CLASSIC RIDE Bernard				

LES MILLS

02 – 08 september

Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
07:15-8:00 YOGA Silke		07:15-07:45 GRIT STRENGTH Jeffrey				
9:00-9:45 BODYPUMP Maurits	10:00-10:30 GRIT STRENGTH Martijn	9:00-9:45 LM TONE Jochem	9:00-9:30 GRIT CARDIO Nanno	9:00-9:45 BODYPUMP Maaike P	9:30-10:00 GRIT STRENGTH Anita	10:30-11:15 BODYATTACK Maaike
		10:00-10:45 BODYPUMP Maurits	10:00-10:45 KICK & HIT Patricia	10:00-10:45 TONE Virginia	10:30-11:15 BODYPUMP Chan	11:30-12:15 BODYPUMP Maaike
18:00-18:45 BODYPUMP Erwin	18:00-18:45 BODYATTACK Maaike J	18:00-18:45 KICK & HIT Daan	18:00-18:30 GRIT STRENGTH Nynke	12:30-13:00 GRIT STRENGTH Martijn	11:30-12:15 BODYCOMBAT Karin	
19:00-19:30 GRIT STRENGTH Martijn & Jeffrey	19:00-19:45 BODYPUMP Maurits	19:00-19:45 BODYATTACK Robert	19:00-19:45 BODYATTACK Taco	17:30-18:15 BODYPUMP Chan		
20:00-20:45 BODYCOMBAT Karin	20:00-20:30 GRIT STRENGTH Anita	20:00-20:45 BODYPUMP Erwin	20:00-20:45 BODYPUMP Taco			

BODY & MIND

02 – 08 september

Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
	9:00-9:45 YOGA Esther	9:00-9:45 PILATES Marion L	9:00-9:45 YOGA Sasja	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		11:30-12:15 BODYBALANCE Chan	
17:30-18:15 BODYBALANCE Virginia	17:30-18:15 SH'BAM Marion Z	17:00-17:45 PILATES Wiebranda				
18:30-19:15 TONE Virginia	18:30-19:15 BODYJAM Marion Z	18:00-18:45 YOGA Esther	18:00-18:45 PILATES Wiebranda			
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 Marion		
	20:30-21:15 BODYBALANCE Virginia	20:00-20:45 BODYBALANCE Marion Z	20:00-20:45 BODYBALANCE Marion Z			

POOL & OUTDOOR

02 – 08 september

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