

LES MILLS STUDIO

	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
OCHTEND	09:00 – 09:45 BODYPUMP	09:30 – 10:00 GRIT STRENGTH	09:00 – 09:45 TONE	08:45 – 09:30 BODYPUMP	09:00 – 09:45 BODYPUMP	09:30 – 10:15 BODYPUMP	10:15 – 11:15 BODYATTACK
	10:00 – 10:45 BODYPUMP		10:00 – 10:45 BODYPUMP			10:30 – 11:30 BODYCOMBAT	11:30 – 12:30 BODYPUMP
MIDDAG					12:30 – 13:00 GRIT STRENGTH		
AVOND	17:45 – 18:30 BODYPUMP	17:00 – 17:45 DANCE	17:00 – 17:45 BODYPUMP	17:45 – 18:30 BODYPUMP	17:30 – 18:15 BODYPUMP		
	19:00 – 19:30 GRIT MIX	18:00 – 18:30 GRIT STRENGTH	18:00 – 18:45 BODYATTACK				
	19:45 – 20:30 BODYCOMBAT	19:15 – 20:00 BODYPUMP	19:00 – 20:00 BODYCOMBAT	19:00 – 19:45 DANCE			
			20:00 – 21:00 BODYPUMP				

PLAZA / STUDIOS

HIT / YOGA / RIDE / LES MILLS

YOGA STUDIO

	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
OCHTEND	09:00 – 09:45 YOGA FUNDAMENTALS	09:00 – 09:45 YOGA SLOW FLOW	09:00 – 09:45 PILATES	09:00 – 09:45 YOGA SLOW FLOW	09:00 – 09:45 YOGA SLOW FLOW	09:15 – 10:00 YOGA SLOW FLOW	
		10:00 – 10:45 PILATES	10:00 – 10:45 BODYBALANCE	10:00 – 10:45 PILATES	10:00 – 10:45 YOGA STRONG FLOW	10:15 – 11:00 YOGA RECHARGE	
	11:00 – 11:45 BODYBALANCE		11:00 – 11:45 YOGA RECHARGE			11:30 – 12:15 BODYBALANCE	
MIDDAG	13:00 – 13:45 PILATES						13:00 – 13:45 PILATES
AVOND			17:00 – 17:45 PILATES				
	18:00 – 18:45 BODYBALANCE		18:00 – 18:45 YOGA STRONG FLOW	18:00 – 18:45 PILATES			
	19:00 – 19:45 YOGA STRONG FLOW	19:00 – 19:45 YOGA RECHARGE	19:00 – 19:45 YOGA FUNDAMENTALS		19:00 – 19:45 YOGA STRONG FLOW		
	20:00 – 20:45 YOGA RECHARGE	20:00 – 20:45 BODYBALANCE	20:00 – 20:45 YOGA RECHARGE				

PLAZA / STUDIOS

HIT / YOGA / RIDE / LES MILLS

HIT STUDIO

	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
OCHTEND	07:45 – 08:15 HIT30		07:45 – 08:15 HIT30		07:45 – 08:15 HIT30	10:00 – 10:45 HIT45	
				10:00 – 10:45 KICK 'N HIT			
MIDDAG							
AVOND	17:45 – 18:30 HIT45	17:45 – 18:30 KICK 'N HIT	17:45 – 18:30 KICK 'N HIT	17:45 – 18:30 HIT45			
	19:00 – 19:30 HIT30	18:45 – 19:30 HIT45					

PLAZA / STUDIOS
HIT / YOGA / RIDE / LES MILLS

RIDE STUDIO							
	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
OCHTEND	09:00 – 09:45 CLASSIC RIDE		09:00 – 09:45 CLASSIC RIDE		09:00 – 09:45 CLASSIC RIDE	09:15 – 10:00 CLASSIC RIDE	09:30 – 10:15 CLASSIC RIDE
							10:30 – 11:15 CLASSIC RIDE
MIDDAG							
AVOND	17:45 – 18:30 CLASSIC RIDE	17:45 – 18:30 STUDIO RIDE		17:45 – 18:30 CLASSIC RIDE			
	18:45 – 19:30 STUDIO RIDE		18:45 – 19:30 CLASSIC RIDE		18:15 – 19:00 CLASSIC RIDE		
			19:45 – 20:30 CLASSIC RIDE				

PLAZA / STUDIOS
HIT / YOGA / RIDE / LES MILLS

