

Fase 7 lesrooster: Vanaf 1 december 2020

Maandag	9:00-9:50	Step / calisthenics	
	10:00-10:55	Body Pump	
	17.00-18.00	Scholierenfitness	
	16.15-16.55	Judo 6-8	
	17:00-17:50	Judo 9-12	
	18:00-18:50	Judo 12 t/m 17	
	18:30-19:20	Yoga Power Flow	
	19.00-19.15	Buikspier kwartier	
	19.30-20.00	Corepower	
	19:30-20:20	Zumba	
	19.45-20.45	Yin Yoga	
	19.30-20.30	Spinning	
	19.30-20.20	Nirvana	
	20.30-21.15	Yogirya	
Dinsdag	9:00-9:50	Low impact	
	9.30-10.30	Yin Yoga	
	11.00-12.00	50+ fitness	
	11.00-12.00	Yoga	
	12.00-13.00	Fitness met beperking	
	18:30-19:20	Judo 6-12	
	18.30-19.20	Spinning	
	19:00-20:00	Bootcamp	
	19:30-20:20	Body Combat	
	19:30-20:30	Judo 12 t/m 17	
	20:30-21:15	Body Pump	
	Woensdag	9:00-9:50	Step / calisthenics
		9.00-10.00	Bootcamp
		10.00-10.50	Body Pump
11.00-12.00		50+ fitness	
11.00-12.00		Spinning	
18:00-19:00		Judo 6-8	
18.00-18.45		Yogirya	
19:00-19:50		Zumba	
19:00-19:50		Taekwon-Do	

Woensdag	19.00-20.00	Yin Yoga
	19.30-20.00	Corepower
	20:00-20:55	Step
	20:00-21:00	JiuJitsu
	20.30-21.30	Yin Yoga
Donderdag	9:00-9:50	Bodypump
	9.30-10.30	Yin Yoga
	10.00-10.50	Pilates
	11.00-12.00	50+ fitness
	11.00-12.00	Yoga
	18.30-19.20	Zumba
	19.15-20.15	Spinning
Vrijdag	19:30-20:30	Bodyshape
	9:00-9:55	Yogirya Fit Plus
	9.30-10.30	Yoga
	11.00-12.00	Nirvana
	11.00-12.00	Yin Yoga
	17.00-18.00	Scholierenfitness
	17:30-18:20	Judo 6-8
	18:30-19:30	Bootcamp
	18.30-19.20	Judo 8-12
	19:00-19:50	Strong nation
	19:30-20:20	JiuJitsu
	20.00-21.00	Body combat
	20:30-21:15	Judo vrije training
	Zaterdag	9:00-9:50
10:00-10:50		Spinning
10:00-10:50		Bodypump
11:00-11:50		Junior Bootcamp
12:00-12.45		Yogirya
Zondag	9.30-10.20	Pilates
	9.30-11.00	Spinning
	10.30-11.20	Zumba
	11.30-12.30	Zumba