

Lesrooster: Vanaf 01-11-2025

Maandag	9:00-9:55	Calisthenics	Studio	Ingrid
	9:00-9:55	Spinning	Spinning zaal	Dinja
	10:00-10:30	Core Power	Budo zaal	Dinja
	10:00-10:55	Body Pump	Studio	Regina
	17:00-17:55	Scholierenfitness	Studio/Fitness	Leon
	19:30-20:25	Zumba	Studio	Mylene
	19:30-20:25	Spinning	Spinning zaal	Marvin
	19:30-20:25	Nirvana	Budo zaal	Bianca
	19:00-19:55	Yin Yoga	Kazernelaan	Monique
Dinsdag	20:20-22:00	Karate Senioren	Budo zaal	Gert
	9:00-9:55	Low impact	Studio	Regina
	9:00-09:55	Spinning	Spinning zaal	Francoise
	10:00-10:55	Yin Yoga	Kazernelaan	Monique
	11:00-11:55	50+ fitness	Studio	Jacqueline
	11:15-12:10	(Yang) Yoga	Kazernelaan	Monique
	12:00-12:55	Fitness met beperking	Fitness	Jacqueline
	17:30-18:25	Judo 6-12 jr	Budo zaal	Tarik
	18:30-19:25	Judo 12+/volwassenen	Budo zaal	Tarik
Woensdag	18:30-19:25	Step gevorderden	Studio	Ingrid
	18:30-19:25	Spinning	Spinning zaal	Francoise
	19:30-20:00	Buik/core	Spinning zaal	Ingrid
	19:30-20:25	Body Combat	Studio	Tim
	19:30-20:25	Karate volwassenen	Budo zaal	Gert
	20:30-22:00	Judo vrije training	Budo zaal	Marco
	19:30-20:30	Bodybalance	Kazernelaan	Maria
	20:30-21:25	Body Pump	Studio	Ingrid
	9:00-9:55	Step basis	Studio	Ingrid
Donderdag	9:00-9:55	Bootcamp	IJzeren man	Regina
	9:00-9:55	Spinning	Spinning zaal	Francoise
	10:00-10:30	Buik/Core	Budo zaal	Ingrid
	10:00-10:55	Body Pump	Studio	Tim
	11:00-11:55	50+ fitness	Studio	Tim
	17:00-18:00	Scholierenfitness	Studio/Fitness	Juul
	18:00-18:55	Judo 6-8 jr	Budo zaal	Jolien
	19:00-19:55	Zumba	Studio	Regina
	19:00-19:55	Taekwon-Do	Budo zaal	Peter
	19:00-19:55	Spinning	Spinning zaal	Hamid
	19:00-20:00	Yin Yoga	Kazernelaan	Monique
	20:00-20:55	Body Power	Studio	Brigitte
	20:00-20:55	Jiu-jitsu	Budo zaal	Matteo
	20:15-21:15	Yin Yoga	Kazernelaan	Monique
	9:00-9:55	Bodypump	Studio	Ingrid

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Vrijdag	10:00-10:55	Yin Yoga	Kazernelaan	Monique
	10:00-10:55	Pilates	Studio	Regina
	11:00-11:55	50+ fitness	Studio	Leon
	11:15-12:15	(Yang) Yoga	Kazernelaan	Monique
	13:00-13:55	Fit en Vitaal	Studio	Joyce
	15:30-16:25	Boksfit tot 16 jaar	Budo zaal	Twan
	16:30-17:25	Judo 6-12 jr	Budo zaal	Twan
	17:30-18:25	Boksfit volwassenen	Budo zaal	Twan
	18:30-19:25	Zumba	Studio	Mylene
	18:30-19:25	Karate jeugd tot 18 jr.	Budo zaal	Gert
	19:00-19:55	Spinning	Spinning zaal	Marvin
	19:00-19:55	Yin Yoga	Kazernelaan	Monique
	19:30-20:25	Bodyshape	Studio	Ingrid
	20:00-20:55	Spinning	Spinning zaal	Annelies
	19:30-21:00	Karate senioren	Budo zaal	Gert
	9:15-10:10	Spinning	Spinning zaal	Brigitte
	10:00-10:55	Zumba	Studio	Mylene
	10:15-10:45	Core Power	Budo zaal	Brigitte
	11:00-11:55	Nirvana	Studio	Regina
	10:30-11:25	Yin Yoga	Kazernelaan	Monique
	11:00-11:55	50+ fitness	Budo zaal	Brigitte
	17:00-18:00	Scholierenfitness	Studio/Fitness	Job
	17:30-18:25	Judo 6-12 jr	Budo zaal	Bram
	19:00-19:55	Strong nation	Studio	Regina
	19:30-20:25	JiuJitsu	Budo zaal	Matteo
	20:30-21:15	Judo vrije training	Budo zaal	Matteo
Zaterdag	9:00-9:55	Step basis/calisthenics	Studio	Angelique
	9:00-9:55	Judo +12 jaar	Budo zaal	Bram
	9:30-10:25	Spinning	Spinning zaal	Thera
	10:00-10:55	Judo 6-12 jr	Budo zaal	Bram
Zondag	10:00-10:55	Bodypump	Studio	Ingrid
	9:30-10:25	Pilates	Studio	Regina
	9:15-10:45	Spinning XL	Spinning zaal	Rob
	10:30-11:25	Zumba	Studio	Regina