

Lesrooster: Vanaf 1-2-2023

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
	16:00-17:00	Kickbox les 8-16jr	Budozaal	Taylan
	17:00-17:55	Scholierenfitness	Studio/Fitness	Tim
	17:00-17:55	Judo 6-11 jr	Budo zaal	Twan
	18:00-18:55	Boks Fit	Budo zaal	Twan
	18:30-19:25	Yoga power flow	Kazernelaan	Monique
	19:30-20:25	Zumba	Studio	Mylene
	19:30-20:25	Spinning	Spinning zaal	Marvin
	19:30-20:25	Nirvana	Budo zaal	Karin
	19:45-20:40	Yin Yoga	Kazernelaan	Monique
	20:20-22:00	Karate Senioren	Budo zaal	Gert
Dinsdag	9:00-9:55	Low impact	Studio	Regina
	9:00-09:55	Spinning	Spinning zaal	Francoise
	9:30-10:30	Yin Yoga	Kazernelaan	Monique
	11:00-11:55	50+ fitness	Studio	Linda
	11:00-11:55	(Yang) Yoga	Kazernelaan	Monique
	12:00-12:55	Fitness met beperking	Fitness	Linda
	17:30-18:25	Judo 6-12 jr	Budo zaal	Tarik
	18:30-19:25	Judo 12+/volwassenen	Budo zaal	Tarik
	18:30-19:25	Step gevorderden	Studio	Ingrid
	18:30-19:25	Spinning	Spinning zaal	Thera
	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 volw/mid scholieren	Budo zaal	Peter
Woensdag	20:00-20:55	Bodybalance	Kazernelaan	Maria
	20:30-21:25	Body Pump	Studio	Ingrid
	9:00-9:55	Step basis	Studio	Ingrid
	9:00-9:55	Bootcamp	IJzeren man	Regina
	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
	16:00-17:00	Kickbox les 8-16jr	Budozaal	Taylan
	17:00-18:00	Scholierenfitness	Studio/Fitness	Reno
	18:00-18:55	Judo 6-8 jr	Budo zaal	Jolien
	18:00-18:45	Yogirya	Studio	Twan
	19:00-19:55	Zumba	Studio	Regina
	19:00-19:55	Taekwon-Do	Budo zaal	Peter

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Donderdag	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	JiuJitsu	Budo zaal	Wim
	20:30-21:30	Yin Yoga	Kazernelaan	Monique
	9:00-9:55	Bodypump	Studio	Ingrid
	9:30-10:25	Yin Yoga	Kazernelaan	Monique
	10:00-10:55	Pilates	Studio	Regina
	11:00-11:55	50+ fitness	Studio	Tim
	11:00-11:55	(Yang) Yoga	Kazernelaan	Monique
Vrijdag	13:00-13:55	Fit en Vitaal	Studio	Joyce
	18:30-19:25	Zumba	Studio	Mylene
	18:30-19:25	Karate jeugd tot 18 jr.	Budo zaal	Gert
	19:15-20:10	Spinning	Spinning zaal	Marvin
	19:30-20:25	Bodyshape	Studio	Ingrid
	19:30-21:00	Karate senioren	Budo zaal	Gert
	9:15-10:10	Spinning	Spinning zaal	Brigitte
	9:30-10:25	(Yang) Yoga	Kazernelaan	Monique
	10:00-10:55	Zumba	Studio	Mylene
	10:15-10:45	Core Power	Budo zaal	Brigitte
Zaterdag	11:00-11:55	Nirvana	Studio	Regina
	11:00-11:55	Yin Yoga	Kazernelaan	Monique
	12:30-13:30	Yin Yoga	Kazernelaan (vanaf 10-2)	Monique
	17:00-18:00	Scholierenfitness	Studio/Fitness	Jill
	17:30-18:25	Judo 6-12 jr	Budo zaal	Bram
	18:30-19:25	Bootcamp	Onder de brug	Tim
	19:00-19:55	Strong nation	Studio	Regina
	19:30-20:25	JiuJitsu	Budo zaal	Wim
	20:00-20:55	Body combat	Studio	Tim
	20:30-21:15	Judo vrije training	Budo zaal	Wim
Zondag	9:00-9:55	Step basis/calisthenics	Studio	Angelique
	9:30-10:25	Spinning	Spinning zaal	Thera
	9:30-10:25	Judo 6-17 jr	Budo zaal	Bram
	10:00-10:55	Bodypump	Studio	Ingrid
	11:00-11:55	Junior Bootcamp	Budo zaal	Colin
	9:30-10:25	Pilates	Studio	Regina
	9:30-10:55	Spinning XL	Spinning zaal	Rob
	10:30-11:25	Zumba	Studio	Regina
	10:30-11:25	Boksfit	Budo	Twan
	11:00-11:55	Spinning	Spinning zaal	Hamid
	11:45-12:30	Yogirya	Studio	Twan