

Lesrooster: Vanaf 1-5-2025

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	Teun	
	19:00 -19:55	Yang Yoga	Kazernelaan	Monique	
	19:30-20:25	Zumba	Studio	Mylene	
	19:30-20:25	Spinning	Spinning zaal	Marvin	
	19:30-20:25	Nirvana	Budo zaal	Bianca	
	20:00-21:00	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	
	18:30-19:25	Step gevorderden	Studio	Ingrid	
	18:30-19:25	Spinning	Spinning zaal	Annelies	
	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	
	Woensdag	9:00-9:55	Step basis	Studio	Ingrid
		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	Reno	
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	Wim	
20:15-21:15		Yin Yoga	Kazernelaan	Monique	

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Donderdag	9:00-9:55	Bodypump	Studio	Ingrid
	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 volwassen	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
Vrijdag	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
	9:30-10:25	(Yang) Yoga	Kazernelaan	Monique
	10:00-10:55	Zumba	Studio	Mylene
	10:15-10:45	Core Power	Budo zaal	Brigitte
	11:00-11:55	Nirvana	Studio	Regina
	10:45-11:45	Yin Yoga	Kazernelaan	Monique
	17:00-18:00	Scholierenfitness	Studio/Fitness	Juul
	17:30-18:25	Judo 6-12 jr	Budo zaal	Bram
	19:00-19:55	Strong nation	Studio	Regina
	19:30-20:25	Jiu-jitsu	Budo zaal	Wim
	20:30-21:15	Judo vrije training	Budo zaal	Wim
	Zaterdag	9:00-9:55	Step basis/calisthenics	Studio
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
	11:00-11:55	Spinning	Spinning zaal	Annelies