



### 3de KWARTAAL 2022 LESROOSTER

DAG	TIJD/LES.	9	10	11	16	17	19	20
Maandag	8:45-9:45 bootcamp		10:00-11:00 power (A)			17:30-18:30 kickboksen kids (B)	19:00-20:00 circuit	20:00-21:00 kickboksen (B)
	9:00-10:00 circuit						19:00-20:00 spinning (A)	
Dinsdag	9:00-10:00 bodytoning (A)		10:00-11:00 spinning (A)				19:00-20:00 power yoga (A)	20:00-21:00 power (A)
	9:00-10:00 circuit						19:00-20:00 circuit	
woensdag	9:00-10:00 wandelen				16:00-17:00 dansen kids (A)	17:00-18:00 kids circuit	19:00-20:00 circuit	20:00-21:00 spinning (A)
	9:00-10:00 circuit							
	8:30-9:30 pilates B (A)		9:45-10:45 pilates G (A)				19:00-20:00 cardio steps (A)	20:00-21:00 kickboksen (B)
donderdag	9:00-10:00 flow (A)				16:00-17:00 kickboksen kids (B)		19:00-20:00 circuit	20:00-21:00 spinning (A)
	9:00-9:30 challenge							
vrijdag	9:00-10:00 Varia (A)		10:15-11:15 pilates (A)		16:00-17:00 circuit		19:00-20:00 kickboksen (B)	
	9:00-10:00 circuit							
zaterdag	8:45-9:45 spinning (A)		10:00-11:00 circuit	11:00 KIDZ in beweging				
			10:00-11:00 zumba (A)					

Zaal A= A

Zaal B= B (geen schoenen in zaal B)