



Zomerlesrooster v.a. 3 t/m 25 juli

Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
9.10 Buikthema	9.10 Buikthema	9.10 Buikthema	9.10 Buikthema	9.10 Buikthema		
9.30 Total W-out	9.30 Body pump	9.30 Body Shape	9.30 Body pump	9.30 Combi tr	9.30 Body Shape	9.30 Bosu Tr
9.30 Spinning	9.30 Spinning	9.30 Spinning	9.30 Spinning	9.30 Spinning	9.30 Spinning	9.30 Spinning
10.30 Body boost	10.30 watergym	10.30 Body boost	10.30 Body gym	10.30 watergym	10.30 Body pump	10.30 Step I
				10.30 Yoga		
		13.00 Tai-chi				
17.00 Body Pump	17.30 Body Pump	17.30 Zumba	17.15 Spinning			
18.00 Body Shape	18.30 Power yoga	18.30 Body pump		18.00 Body Shape		
19.00 Spinning	19.00 Spinning	19.00 Spinning	19.00 Spinning	19.00 Spinning		
19.00 Step II	19.30 Buik thema	19.30 Buik thema	19.30 Buik thema	19.00 Step II		
20.00 Spinning	20.00 Spinning	20.00 Spinning				
20.00 Zumba	20.00 Step I	20.00 Hatha-Yoga	20.00 Body Pump			
21.00 Self Defence	21.00 XCO		21.00 Zumba			