

# ZOMERROOSTER

13 JULI T/M 23 AUGUSTUS

| GROEPSLESZAAL  |                                        |                                   |                                        |                                     |                                     |                       |        |
|----------------|----------------------------------------|-----------------------------------|----------------------------------------|-------------------------------------|-------------------------------------|-----------------------|--------|
|                | MAANDAG                                | DINSdag                           | WOENSDAG                               | DONDERDAG                           | VRIJDAG                             | ZATERDAG              | ZONDAG |
| 09:00<br>09:30 | TOTAL BODY<br>WORKOUT<br>09:00 – 10:00 | BODYSHAPE<br>55+<br>09:00 – 10:00 | POWER<br>(VIRTUEEL)<br>09:00 – 10:00   |                                     |                                     | XCORE<br>9:00 – 10:00 |        |
| 09:30<br>10:00 |                                        |                                   |                                        |                                     |                                     |                       |        |
| 10:00<br>10:30 | PILATES<br>10:00 – 11:00               |                                   |                                        | BODYSHAPE<br>55+<br>10:00 – 11:00   | YOGA<br>(VIRTUEEL)<br>10:00 – 11:00 | YOGA<br>10:00 – 11:00 |        |
| 10:30<br>11:00 |                                        |                                   |                                        |                                     |                                     |                       |        |
| 11:00<br>11:30 |                                        |                                   |                                        |                                     |                                     |                       |        |
| 11:30<br>12:00 |                                        |                                   |                                        |                                     |                                     |                       |        |
|                |                                        |                                   |                                        |                                     |                                     |                       |        |
| 18:30<br>19:00 |                                        |                                   | TOTAL BODY<br>WORKOUT<br>18:30 – 19:30 | POWER<br>18:30 – 19:30              |                                     |                       |        |
| 19:00<br>19:30 | POWER<br>19:00 – 20:00                 | XCORE<br>19:00 – 20:00            |                                        |                                     |                                     |                       |        |
| 19:30<br>20:00 |                                        |                                   | XCORE<br>19:30 – 20:30                 | YOGA<br>(VIRTUEEL)<br>19:30 – 20:30 |                                     |                       |        |
| 20:00<br>20:30 | XCORE<br>20:00 – 21:00                 | YOGA<br>20:00 – 21:00             |                                        |                                     |                                     |                       |        |
| 20:30<br>21:00 |                                        |                                   | ZUMBA<br>20:30 – 21:30                 |                                     |                                     |                       |        |
| 21:00<br>21:30 |                                        |                                   |                                        |                                     |                                     |                       |        |