

Groepslesrooster

Vanaf 1 januari 2019



Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
09:00 Funxtion: Fit & Flex	09:00 Funxtion: Move it	09:00 BodyShape	09:00 Funxtion: Move it	09:00 BodyPower	10:00 Funxtion: SURPRISE	10:00 Les Mills BodyPump
17:00 Breakdance	09:30 Funxtion: Absolutely Core	10:00 Les Mills BodyPump	09:30 Funxtion: Absolutely Core	09:30 Funxtion: Full Body	10:30 Funxtion: Absolutely Core	11:00 Abs session
18:00 HipHop & Afrodance	19:00 VIRTUEEL: Les Mills CX Worx	18:30 Kickboksen	17:00 HipHop Jong	10:15 Yoga		
19:00 Les Mills BodyPump	19:30 Funxtion: SURPRISE	19:00 CrossPower	19:30 HipHop Beginner	19:00 Funxtion: Insane		
20:00 Yoga	19:30 VIRTUEEL: Les Mills BodyPump	20:00 VIRTUEEL: Les Mills CX Worx				

Whitney
Regina

Salman
Dion

Mark
Simone

Annette
Fresh Label Studios

Eleonora
Jeroen