



GROEPSLESROOSTER / Céramique

Reserveer uw plek nu in de Sportivity app of aan de balie.
Dit rooster kan afwijken op feestdagen.

Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
09.00 - 09.30 Les Mills Core	09.00 - 10.00 Les Mills Tone	07:00 - 08:00 Yoga	09:30 - 10:30 Live Spinning	08:50 - 09:45 Zumba	09:30 - 10:15 Les Mills Sh'Bam	09:30 - 10:30 Live Spinning
09.35 - 10.35 Les Mills BodyBalance	09.30 - 10.30 Live Spinning	09:30 - 10:00 Strong 30	10:30 - 11:00 Les Mills Core	09:30 - 10:30 Live Spinning	09:30 - 10:30 Live Spinning	09:30 - 10:30 Start 2 Run
10.30 - 11.00 Spinning	10.30 - 11.00 Synergy Functional	10:00 - 11:00 Zumba	10:30 - 11:00 Synergy Functional	09:45 - 10:30 Les Mills Tone	10:30 - 11:00 Les Mills Core	10:30 - 11:30 Les Mills BodyPump
10.45 - 11.45 BodyMIX		11:00 - 12:00 Vitaal Gym	11:00 - 11:30 Les Mills GRIT	10:30 - 11:30 Les Mills BodyPump	11:00 - 12:00 Les Mills BodyAttack	11:30 - 12:00 Les Mills GRIT
			11:45 - 12:45 Les Mills BodyBalance			
17.20 - 18.20 Les Mills BodyAttack	17.30 - 18.30 Les Mills BodyPump	17:45 - 18:45 Les Mills BodyAttack	18:45 - 19:15 Les Mills Core			
18.30 - 19.30 BodyPump	18.30 - 19.00 Flexibility	19:00 - 19:25 Synergy Functional	18:30 - 19:30 Live Spinning			
18.30 - 19.30 Spinning	19.00 - 20.00 Zumba	19:00 - 20:00 Les Mills BodyCombat	19:30 - 20:30 Les Mills BodyPump			
19.30 - 20.30 Les Mills BodyCombat	19.00 - 20.00 Live Spinning	20:30 - 21:30 Les Mills BodyBalance				
20.30 - 21.30 BodyBalance						