



GROEPSLESROOSTER / Herten

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 - 10:00 Les Mills BodyPump	07:00 - 07:30 Les Mills Grit Strength	08:30 - 09:00 Les Mills Grit Athletic	09:00 - 10:00 Les Mills BodyPump	07:00 - 07:30 Les Mills Grit Strength	09:30 - 10:30 Live Spinning	09:30 - 10:30 Live Spinning
09:00 - 10:00 Live Spinning	09:00 - 09:30 Les Mills Core	09:00 - 10:00 Live Spinning	10:00 - 11:00 Les mills BodyBalance	08:45 - 09:15 Les Mills Grit Athletic	09:30 - 10:00 Les mills Grit Strength	09:30 - 10:15 Les Mills Tone of Core*
10:00 - 10:45 Les Mills Tone	09:30 - 10:30 Les Mills BodyBalance	09:00 - 09:45 Les Mills Tone		09:00 - 10:00 Live Spinning	11:00 - 12:00 Virtual Body Combat	10:30 - 11:30 Les Mills BodyAttack
11:00 - 12:15 Yoga		10:00 - 11:00 Les Mills BodyPump		09:15 - 10:00 Les Mills Sh'Bam		11:30 - 12:30 Les Mills BodyPump
		11:15 - 12:30 Yoga		10:00 - 11:00 Les Mills BodyBalance		
18:30 - 19:00 Les Mills Grit Strength	18:15 - 18:45 Les Mills Grit Strength	18:30 - 19:15 Les Mills Tone	18:20 - 18:50 Les Mills Grit Athletic	19:30 - 20:30 Live Spinning		
19:00 - 19:30 Les Mills Grit Cardio	18:45 - 19:30 Les Mills BodyJam	19:15 - 20:00 Les Mills Sh'Bam	18:50 - 19:20 Les Mills Grit Strength	19:30 - 20:30 Les Mills BodyPump		
19:30 - 20:30 Live Spinning	19:30 - 20:15 Virtual Body Combat	19:30 - 20:30 Live Spinning	19:30 - 20:30 Les Mills BodyAttack			
19:30 - 20:30 Les Mills BodyAttack	20:30 - 21:30 Les Mills BodyBalance	20:00 - 21:00 Les Mills BodyPump	20:30 - 21:00 Les Mills Core			
20:30 - 21:30 Les Mills BodyPump						

* Deze les wisselt af per week