

Start	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
8.45							
9.00							
9.15					Spinning		
9.30	Fitness Spinning Yin Yoga	Fitness	Fitness Spinning Yoga	Fitness	Fitness Spinning Pilates	Fitness Spinning Yoga Boot Camp Beach X-Core	Fitness Spinning X-Core
10.00	Fitness	Fitness	Fitness	Fitness	Fitness	Fitness	Fitness
10.15	Spinning		Spinning		Spinning	Spinning	Spinning
10.30							
10.45		55+		55+	Pilates		Yoga
11.00						Beach Yoga	Boot Camp
17.00							
17.30	Jeugd Spinning		Jeugd Spinning				
18.30	Fitness Spinning	Fitness Spinning	Fitness Spinning	Fitness Spinning			
19.00	Fitness	Fitness	Fitness	Fitness			
19.15	Spinning Boot Camp	Spinning Yoga	Spinning Boot Camp	Spinning Yin Yoga	Power		

Outdoor Fitness
Fysio Fitness
Outdoor Spinning
Outdoor Bootcamp
55+ Fit (outdoor)
Jeugdfitness (outdoor)
Online X-Core
Beach X-Core
Online Pilates
Outdoor Pilates
Online Power
Online Yoga
Online Yin Yoga
Beach Yoga