

Grote zaal

| | Maandag | Dinsdag | Woensdag | Donderdag | Vrijdag | Zaterdag | Zondag |
|---------------|-----------------|----------------|--------------|----------------|--------------|----------|-------------------|
| 9.15 - 10.15 | | Pilates | X-Core | Pilates | Aerobics | Power | X-Core |
| 10.30 - 11.30 | Stretch & Relax | | Power | | | Kick It | Power |
| 11.30 - 12.30 | | 55+ Fit | | 55+ Fit | | | 11.45 Aerial Yoga |
| 16.00 - 17.00 | Jeugdfitness | Kids Krav Maga | Jeugdfitness | Kids Krav Maga | Jeugdfitness | | |
| 18.00 - 19.00 | Power | | | | Power | | |
| 19.00 - 20.00 | X-Core | Kick It | Power | Kick It | | | |
| 20.15 - 21.15 | Aerial Yoga | Krav Maga | Kick It | Krav Maga | | | |

Body & Mind zaal

| | | | | | | | |
|---------------|-----------|----------|------------------|-----------|----------|----------------|---------------|
| 9.30 - 10.30 | Warm Yoga | | Stretch & Relax | | Hot Yoga | 9.15 Warm Yoga | 9.15 Hot Yoga |
| 10.30 - 11.30 | | Yin Yoga | | Yin Yoga | | | |
| 10.45 - 11.45 | | | Warm Yoga | | | Beach Yoga | |
| 19.00 - 20.00 | Hot Yoga | | | Warm Yoga | | | |
| 19.30 - 20.30 | | Hot Yoga | | | | | |
| 20.15 - 21.15 | | | Restorative Yoga | Yin Yoga | | | |

Spinning zaal

| | | | | | | | |
|---------------|----------|----------|----------|----------|----------|----------|----------|
| 8.45 - 9.15 | | | | | Spinning | | |
| 9.30 - 10.00 | Spinning | | Spinning | | Spinning | Spinning | Spinning |
| 10.15 - 10.45 | Spinning | | Spinning | | Spinning | Spinning | Spinning |
| 17.45 - 18.15 | Spinning | | Spinning | | | | |
| 18.30 - 19.00 | Spinning | Spinning | Spinning | Spinning | | | |
| 19.15 - 19.45 | Spinning | Spinning | Spinning | Spinning | | | |

InTensity & Fitness zaal

| | | | | | | | |
|---------------|-----------|--------|--------|--------|-----------|--------|--------|
| 9.15 - 9.45 | Hit It | Hit It | Hit It | Hit It | Hit It | Hit It | Hit It |
| 10.00 - 10.30 | Hit It | Hit It | Hit It | Hit It | Hit It | Hit It | Hit It |
| 11.00 - 12.00 | CardioFit | | | | CardioFit | | |
| 18.30 - 19.00 | Hit It | Hit It | Hit It | Hit It | | | |
| 19.15 - 19.45 | Hit It | Hit It | Hit It | Hit It | | | |

Outdoor (locatie Boonoonoos, Westbroekpark)

| | | | | | | | |
|---------------|----------|--|----------|--|--|------------|--|
| 9.30 - 10.30 | | | | | | Bootcamp | |
| 10.45 - 11.45 | | | | | | Beach Yoga | |
| 19.00 - 20.00 | Bootcamp | | Bootcamp | | | | |

- Draag schone schoenen die geen strepen achterlaten
- Gebruik van een handdoek is verplicht
- Drink voldoende!
- Let op! Reserveer uw plek online
- Zorg ervoor dat u op tijd in de lesruimte aanwezig bent

- Please only wear shoes which do not leave any marks on the floor
- The use of a towel is obligatory
- Make sure you have enough to drink
- Please use our reservation system before participating in a class
- Make sure you're on time

