

UURROOSTER

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
14.00 - 15.00 BODY PUMP	13.15 - 14.15 SMALL GROUP TRAINING	08.45 - 09.45 BODY PUMP	12.00 - 13.00 SMALL GROUP TRAINING	08.30 - 09.30 BODY PUMP	09.00 - 10.05 VIRTUAL SKILLBIKE CLASS	09.45 - 10.45 BODY PUMP
15.10 - 16.10 BODY BALANCE	18.00 - 19.00 BODY PUMP	10.00 - 11.00 BODY BALANCE	18.45 - 19.45 BODY ATTACK	09.45 - 10.45 BODY BALANCE	10.00 - 11.00 BODY PUMP	10.00 - 11.00 BOOTCAMP
15.15 - 16.15 SMALL GROUP TRAINING	19.15 - 20.15 BODY STEP	13.00 - 14.00 SMALL GROUP TRAINING	19.00 - 20.00 BOOTCAMP Y-MIND FACILITY	11.30 - 12.30 SKILLBIKE CLASS	11.00 - 11.30 CORE WORKOUT	10.45 - 11.45 BODY STEP
17.45 - 19.45 SMALL GROUP TRAINING	19.15 - 20.15 BOOTCAMP Y-MIND FACILITY	18.15 - 19.15 BODY PUMP	19.45 - 20.45 BODY COMBAT	13.00 - 14.00 SMALL GROUP TRAINING		11.00 - 12.00 SKILLBIKE CLASS
18.00 - 19.00 BODY PUMP	20.30 - 21.30 BODY BALANCE	18.15 - 19.15 SKILLBIKE CLASS	20.45 - 21.15 CORE WORKOUT	19.30 - 20.30 BODY BALANCE		11.00 - 12.00 BOOTCAMP LANGEMARK
18.15 - 19.15 SKILLBIKE CLASS		18.30 - 19.30 BOOTCAMP Y-MIND FACILITY		20.30 - 21.30 BODY PUMP		
19.15 - 20.15 SH'BAM		19.00 - 20.00 BOOTCAMP LANGEMARK				
20.30 - 21.30 BODY PUMP		19.30 - 20.00 CORE WORKOUT				
		20.00 - 21.00 BOOTCAMP LANGEMARK				
		20.00 - 20.30 CORE WORKOUT				
		20.45 - 21.45 SKILLBIKE CLASS				