

M.i.v. 01-05-2016		MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
09.15	A-ZAAL	SENIOR GYM	SENIOR GYM	SENIOR GYM	STEPS	COMBI-FIT		
	B-ZAAL	STRAC	BOOTCAMP	STRAC	BOOTCAMP	CORE STABILITY		
	C-ZAAL	CYCLE-FIT	CYCLE-FIT	CYCLE-FIT	CYCLE-FIT	CYCLE-FIT		
09.45	FITNESS-ZAAL	SWITCHING	SWITCHING	SWITCHING	SWITCHING			
	B-ZAAL					BOOTCAMP		
10.15	A-ZAAL	COMBI-FIT	BODY-SHAPE	COMBI-FIT	BODY-SHAPE	ZUMBA		ZUMBA
	B-ZAAL	POWERYOGAPILATES				POWERYOGAPILATES		
	C-ZAAL							CYCLE-FIT
11.15	A-ZAAL							ZUMBA
	B-ZAAL	SENIOR-FIT		SENIOR-FIT				
	C-ZAAL							
AVOND	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG	
18.00	A-ZAAL			POWERYOGAPILATES				
18.30	A-ZAAL					ZUMBA GOLD		
19.00	A-ZAAL	XCO	BODY-SHAPE	XCO	COMBI-FIT	ZUMBA		
	B-ZAAL	STRAC-PLUS	CROSS-CHALLENGE	STRAC-PLUS	BOOTCAMP			
	C-ZAAL	CYCLE-FIT	CYCLE-FIT	CYCLE-FIT	CYCLE-FIT			
19.30	B-ZAAL	BOOTCAMP	VIPR	BOOTCAMP	VIPR-PRO			
20.00	A-ZAAL	ZUMBA	XCO	ZUMBA	POWERYOGAPILATES			
	B-ZAAL	BOOTCAMP	STRAC-PLUS	CROSS-CHALLENGE	STRAC-PLUS			
	C-ZAAL	CYCLE-FIT	CYCLE-FIT	CYCLE-FIT	CYCLE-FIT			
20.30	B-ZAAL	CORE STABILITY	BOOTCAMP	CORE STABILITY	CORE STABILITY			