

Ochtend lessen

TIJD	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
9.00	Synrgy 360	Synrgy 360	Synrgy 360	Synrgy 360	Synrgy 360	Lady's Bootyboxing	
	Spinning P W	Body Shape	BodyPump Les Mills	Body Shape	BodyPump Les Mills	Spinning	
9.30							Synrgy 360
10.00	Lady's Bootyboxing		Lady's Bootyboxing			Zaktraining SK	Zaktraining SK
						Zumba M	
10.15	Synrgy 60+	Pilates	Synrgy 60+	Pilates			
10.30							Zumba C
11.00						Kettlebell	
11.15						Kickboxing	Kickboxing
12.30						Sparren	
15.00							
16.00		Kids boxing		Kids boxing			

Avond lessen