

Groepslessen van Kees

van 1 mei tot 1 september

Ma:

Hatha Yoga ! 09:00 - 10:00	Pilates ! 10:00 - 11:00 ! 11:00 - 12:00	Sportief wandelen 10:00 - 11:00	Zumba ! 18:00 - 19:00	Zumba Gold 19:00 - 20:00	Circuit 19:00 - 19:45 20:00 - 20:45
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Di:

Circuit 07:30 - 08:15	Yoga & Dans ! 09:00 - 10:00	Pilates ! 10:15 - 11:15	Spinning 19:15 - 20:15	Spinning ! 20:15 - 21:15	Outdoor training 20:15 - 21:15 3 juli - 15 aug
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Wo:

Zumba 09:00 - 10:00	Yoga & Dans ! 10:00 - 11:00	Circuit 10:00 - 10:45	Zumba ! 19:00 - 20:00	Pilates ! 20:00 - 21:00	Circuit 20:00 - 20:45
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Do:

Circuit 07:30 - 08:15	Pilates ! 10:00 - 11:00	Sportief wandelen 10:00 - 11:00	Hardloop training 20:00 - 21:00
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Vr:

Spinning 09:00 - 10:00	Zumba Gold 10:15 - 11:15
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Za:

Spinning 09:00 - 10:00	Outdoor training 10:15 - 11:00
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Zo:

Spinning 09:00 - 10:00

Alle groepslessen zijn in de groepleszaal, behalve:

-  Deze lessen zijn buiten!
-  Circuit training in de fitness
-  vervallen tussen 3 juli en 15 augustus

