

Lesrooster van Kees vanaf 15 augustus

Ma

Hatha Yoga

09:00 - 10:00

Pilates

10:00 - 11:00

Zumba

19:15 - 20:15

Workout 30

20:15 - 20:45

Bodyshape

20:15 - 21:15

Di

Workout 45

07:30 - 08:15

Bodyshape

09:00 - 10:00

Pilates

10:00 - 11:00

Bodyshape

19:15 - 20:15

Spinning⁹⁰

20:15 - 21:45

Wo

Zumba

09:00 - 10:00

Workout 30

09:15 - 09:45

Bodyshape

10:00 - 11:00

Pilates

19:15 - 20:15

Workout 30

20:15 - 20:30

HathaYoga

20:15 - 21:15

Do

Workout 45

07:30 - 08:15

Hatha Yoga

09:00 - 10:00

Pilates

10:00 - 11:00

Zumba

19:15 - 20:15

Spinning

20:15 - 21:15

Vr

Spinning

09:00 - 10:00

Zumba^{Gold}

10:15 - 11:15

Za

Workout 30

09:15 - 09:45

Zo

Spinning

09:00 - 10:00

Hardlopen

10:00 - 11:00

Alle lessen worden gegeven in de groepsleszaal. Workouts vinden plaats in de fitnesszaal, hardlooptraining is buiten.