

Les:	Lesgever:	Tijd:
Maandag:		
Outdoor Pump + livestream	Patricia de Bruijn	09:00 - 09:45
Outdoor Spinning	Rianne Heeringa	10:00 - 10:45
Small Group	Jochem Goosen	18:00 - 18:30
Broga	Dennis Bron	18:30 - 19:30
Outdoor spinning	Robbert Vergeer	19:45 - 20:30
Dinsdag:		
Outdoor Pump + livestream	Rianne Heeringa	09:00 - 09:45
Hitt + livestream	Naomi Borghart	10:00 - 10:30
50 Fit + livestream	Rianne Heeringa	11:00 - 12:00
Small Group	Jochem Goosen	18:00 - 18:30
Outdoor Pump + livestream	Paola Smeets	19:00 - 19:45
Kick Boksen	John Haaften	19:30 - 20:30
Outdoor Spinning	Edgar vermaas	20:00 - 20:45
Woensdag:		
Outdoor Pump + livestream	Dennis Bron	09:00 - 09:45
Outdoor Pump + livestream	Naomi Borghart	10:00 - 10:45
50 Fit + livestream	Solange Brennet	11:00 - 12:00
Outdoor Pump + livestream	Solange Brennet	18:00 - 18:45
Outdoor Zumba + livestream	Solange Brennet	19:00 - 19:45
Outdoor Spinning	Paola Smeets	20:00 - 20:45
Donderdag:		
Outdoor Pump + livestream	Rianne Heeringa	09:00 - 09:45
50 Fit + livestream	Rianne Heeringa	11:00 - 12:00
Outdoor Hiishape + livestream	Solange Brennet	18:00 - 18:45
Outdoor Pump + livestream	Solange Brennet	19:00 - 19:45
Vrijdag:		
Small Group	Jochem Goosen	08:30 - 9:00
Outdoor Spinning	Dennis Bron	09:15 - 10:00
Outdoor Pump + livestream	Solange Brennet	10:15 - 11:00
Outdoor Pump + livestream	Naomi Borghart	18:00 - 18:45
Small Group	Phlox van den Bosch	19:00 - 19:30
Zaterdag:		
Outdoor Pump + livestream	Vivienne Lipman	10:00 - 10:45
Outdoor Pump + livestream	Vivienne Lipman	11:00 - 11:45
Zondag:		
Outdoor Spinning + livestream	Rianne Heeringa	08:30 - 09:15
Outdoor Spinning + livestream	Dennis Bron	09:30 - 10:15
Broga	Milan woudstra	10:00 - 11:00
Outdoor Pump + livestream	Patricia de Bruijn	10:30 - 11:15