

Les:	Lesgever:	Tijd:
Maandag		
Pump	Nicole Slaghekke	07:30 - 08:15
Pump	Patricia de Bruine	09:00 - 09:45
Spinning	Rianne Heeringa	10:00 - 10:45
Small Group	Jochem Goosen	18:00 - 18:30
Pump	Paola Smeets	19:30 - 20:15
Spinning	Edwin v/d Meerendonk	20:30 - 21:15
Dinsdag:		
Pump	Rianne Heeringa	09:00 - 09:45
Hiit	Naomi Borghart	10:00 - 10:30
50- Fit	Rianne Heeringa	11:00 - 12:00
Small group Training	Jochem Goosen	18:00 - 18:30
Body shape	Sabine Pronk	18:15 - 19:00
Kickboksen	John van Haaften	19:00 - 20:00
Spinning	Edgar vermaas	20:15 - 21:00
Woensdag:		
Pump	Dennis Bron	09:00 - 09:45
Spinning	Nicole Slaghekke	10:00 - 10:45
50- Fit	Naomi Broghart	11:00 - 12:00
Pump	Solange Brenet	18:00 - 18:45
Zumba	Solange Brenet	19:00 - 19:45
Spinning	Paola Smeets	20:00 - 20:45
Donderdag:		
Pump	Rianne Heeringa	09:00 - 09:45
50- Fit	Rianne Heeringa	11:00 - 12:00
Hii- Shape	Solange Brenet	18:00 - 18:45
Pump	Solange Brenet	19:00 - 19:45
Kickboksen	John van Haaften	20:00 - 21:00
Vrijdag:		
Small Group Training	Jochem Goosen	08:30 - 9:00
Spinning	Dennis Bron	09:00 - 09:45
Pump	Dennis Bron	10:30 - 11:15
Zaterdag:		

Spinning	Paola Smeets	08:30 - 09:15
Aerobics	Vivienne Lipman	09:30 - 10:15
Small Group Training	Jochem Goosen	09:30 - 10:00
Pump	Vivienne Lipman	10:30 - 11:15
Zondag:		
Spinning	Rianne Heeringa	08:30 - 09:15
Spinning	Dennis Bron	09:30 - 10:15
Pump	Patricia de Bruine	10:30 - 11:15
Kickboksen	Rianne Heeringa	11:30 - 12:30