

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
Club Workout	Hester Wolf	17:30 - 18:15
Small Group	Jochem Goosen	18:00 - 18:30
Broga	Lauren Patterson	18:30 - 19:30
Pump	Paola Smeets	19:30 - 20:15
Spinning	Edwin v/d Meerendonk	20:30 - 21:30
Dinsdag:		
Pump	Rianne Heeringa	09:00 - 09:45
Pump	Babbette Bron	10:00 - 10:45
65- 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:		
Full Body Cardio Strenght	Sabine Zwaanswijk	08:00 - 09:00
Pump	Maggie Bourgonje	09:00 - 09:45
Spin/Pump	Nicole Slaghekke	10:00 - 11:00
65- Fit	Paulina Restrepo	11:30 - 12:30
Pump	Patricia de Bruijn	18:00 - 18:45
Zumba	Paulina Restrepo	19:00 - 19:45
Spinning	Paola Smeets	20:00 - 20:45
Donderdag:		
Pump	Rianne Heeringa	09:00 - 09:45
65- Fit	Rianne Heeringa	11:00 - 12:00
Kickboksen	Appie Abderrahman	18:00 - 19:00
Club Workout	Hester Wolf	19:00 - 20:00
Vrijdag:		
Spinning	Nicole Slaghekke	08:30 - 09:15
Small Group Training	Jochem Goosen	08:30 - 9:00
Spinning	Dennis Bron	09:30 - 10:15
Pump	Nicole Slaghekke	10:30 - 11:15
Pump	Babette Bron	18:00 - 18:45
Zaterdag:		
Spinning	Paola Smeets	08:30 - 09:15
Aerobics	Vivienne Lipman	09:30 - 10:15
Pump	Vivienne Lipman	10:30 - 11:15
Butt Factory	Ortal Vriend	11:30 - 12:30
Zondag:		
Spin/Pump	Nicole Slaghekke	09:00 - 10:00
Spinning	Linda Boer	10:00 - 11:00
Pump	Dennis Bron	11:00 - 12:00
Kickboksen	Appie Abderrahman	12:00 - 13:00