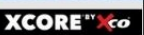


# GROEPSLES ROOSTER

OUDJAAR: 7.00- 17.00  
NIEUWJAAR: GESLOTEN

OUD&NIEUW ROOSTER  
29-12 T/M 4-1

| ZAAL 1      | MAANDAG                                                                           | DINSDAG                                                                           | OUDJAAR                                                                           | NIEUWJAAR | VRIJDAG    | ZATERDAG                                                                            | RELEASE PARTY                                                                       |
|-------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------|------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| 9.00-10.00  | TOTAL BODY WORKOUT                                                                | TOTAL BODY WORKOUT                                                                |                                                                                   |           | BODY SHAPE |  |  |
| 10.00-11.00 |  |  |  | GESLOTEN  | PILATES    | TAI-BO                                                                              |  |
| 11.00-12.00 |                                                                                   |                                                                                   |  |           |            |                                                                                     |  |
|             |                                                                                   |                                                                                   |                                                                                   |           |            |                                                                                     |                                                                                     |
| 18.30-19.30 |  |                                                                                   |                                                                                   |           |            |                                                                                     |                                                                                     |
| 19.00-20.00 |                                                                                   | BODY SHAPE                                                                        |                                                                                   |           |            |                                                                                     |                                                                                     |
| 19.30-20.30 | BBBODYSHAPE                                                                       |                                                                                   |                                                                                   |           |            |                                                                                     |                                                                                     |
| 20.00-21.00 |                                                                                   |  |                                                                                   |           |            |                                                                                     |                                                                                     |
| 20.30-21.30 |  |                                                                                   |                                                                                   |           |            |                                                                                     |                                                                                     |

| BOKSZAAL    | MAANDAG              | DINSDAG     | OUDJAAR    | NIEUWJAAR | VRIJDAG        | ZATERDAG       | ZONDAG         |
|-------------|----------------------|-------------|------------|-----------|----------------|----------------|----------------|
| 9.00-10.00  | FIT KICKBOXING       | FIT BOXING  | FIT BOXING | GESLOTEN  | FIT KICKBOXING | BOXING KIDS    | FIT BOXING     |
| 10.00-11.00 | FIT BOXING           | OPEN ZAAL   | OPEN ZAAL  |           | FIT BOXING     | FIT KICKBOXING | FIT KICKBOXING |
|             |                      |             |            |           |                |                |                |
| 18.00-19.00 | FIT BOXING BEGINNERS | BOXING KIDS |            |           |                |                |                |
| 19.00-20.00 | FIT BOXING           | FIT BOXING  |            |           |                |                |                |
| 20.00-21.00 | OPEN ZAAL            | FIT BOXING  |            |           |                |                |                |

| ZAAL 3      | MAANDAG | DINSDAG | OUDJAAR                                                                             | NIEUWJAAR | VRIJDAG                                                                               | ZATERDAG | ZONDAG |
|-------------|---------|---------|-------------------------------------------------------------------------------------|-----------|---------------------------------------------------------------------------------------|----------|--------|
| 8.00-9.00   |         |         |  |           |                                                                                       |          |        |
| 9.00-10.00  | PILATES | 55+ FIT | PILATES                                                                             | GESLOTEN  |  |          |        |
| 10.00-11.00 |         |         |                                                                                     |           | 55+ FIT                                                                               |          |        |
|             |         |         |                                                                                     |           |                                                                                       |          |        |
| 19.00-20.00 |         |         |                                                                                     |           |                                                                                       |          |        |
| 19.30-20.30 | STEP    | TAI-BO  |                                                                                     |           |                                                                                       |          |        |
| 20.30-21.30 | PILATES |         |                                                                                     |           |                                                                                       |          |        |

BIJ UITVAL VAN ONZE STEP INSTRUCTEUR IS DEZE LES EEN TOTAL BODY WORKOUT



# GROEPSLES ROOSTER

OUDJAAAR: 7.00 - 17.00  
NIEUWJAAR: GESLOTEN

OU&NIEUW ROOSTER  
29-12 T/M 4-1

| SPINNING ZAAL | MAANDAG  | DINSDAG  | OUDJAAAR | NIEUWJAAR                            | VRIJDAG  | ZATERDAG | ZONDAG   |
|---------------|----------|----------|----------|--------------------------------------|----------|----------|----------|
| 9.00-9.55     |          |          | SPINNING |                                      | SPINNING | SPINNING |          |
| 10.00-10.55   | SPINNING |          |          | G<br>E<br>S<br>L<br>O<br>T<br>E<br>N |          |          |          |
| 11.00-11.55   |          |          |          |                                      |          |          | SPINNING |
|               |          |          |          |                                      |          |          |          |
| 18.30-19.25   | SPINNING | SPINNING |          |                                      |          |          |          |
| 19.00-19.55   |          |          |          |                                      |          |          |          |
| 19.30-20.25   | SPINNING |          |          |                                      |          |          |          |
| 20.00-20.55   |          |          |          |                                      |          |          |          |
| 20.30-21.25   | SPINNING |          |          |                                      |          |          |          |

| HYROX ZAAL  | MAANDAG  | DINSDAG     | OUDJAAAR    | NIEUWJAAR                            | VRIJDAG | ZATERDAG | ZONDAG |
|-------------|----------|-------------|-------------|--------------------------------------|---------|----------|--------|
| 9.00-9.45   | HYROX    |             | HYROX       |                                      |         | HYROX    |        |
| 10.00-11.00 |          | 55+ FITNESS | 55+ FITNESS | G<br>E<br>S<br>L<br>O<br>T<br>E<br>N |         |          |        |
|             |          |             |             |                                      |         |          |        |
| 17.00-18.00 |          |             |             |                                      |         |          |        |
| 19.30-20.00 | BOOTCAMP |             |             |                                      |         |          |        |
| 19.30-20.15 |          | HYROX       |             |                                      |         |          |        |
| 20.00-20.45 | HYROX    |             |             |                                      |         |          |        |

