



**MY MOVE**  
SPORT.VOEDING.LIFESTYLE

# LESROOSTER







## Groepslessen

Geldig vanaf 18 september 2023  
(onder voorbehoud)

**MA**

 <b>PUMP</b> 09.00 Zaal 1	 <b>XCORE</b> 10.00 Zaal 1	 <b>QI GONG YOGA</b> 10.00 Zaal 4	 <b>PILATES</b> 11.00 Zaal 4	 <b>PILATES</b> 19.00 Zaal 4	 <b>PUMP</b> 19.00 Zaal 1	 <b>BODYSHAPE</b> 20.30 Zaal 1
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**DI**

 <b>BODYSHAPE</b> 09.00 Zaal 1	 <b>PILATES</b> 10.00 Zaal 1	 <b>GENTLE FLOW YOGA</b> 11.00 Zaal 1	 <b>PUMP</b> 19.00 Zaal 1	 <b>BOKSEN</b> 20.00 Zaal 1	 <b>NIEUW!</b> <b>GENTLE VINYASA FLOW YOGA</b> 20.00 Zaal 5
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**WO**

 <b>PUMP</b> 09.00 Zaal 1	 <b>PILATES</b> 10.00 Zaal 1	 <b>B-KICK</b> 19.00 Zaal 1	 <b>PUMP</b> 20.00 Zaal 1
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**DO**

 <b>MY DANCE</b> 09.00 Zaal 1	 <b>PILATES</b> 19.00 Zaal 5	 <b>XCORE</b> 19.00 Zaal 1	 <b>ZUMBA</b> 20.00 Zaal 1	 <b>YIN YOGA</b> 21.00 Zaal 1
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**VRIJ**

 <b>PUMP</b> 09.00 Zaal 1	 <b>BODYSHAPE</b> 10.00 Zaal 1	 <b>PILATES</b> 10.00 Zaal 4	 <b>DO-IN YOGA</b> 11.00 Zaal 4
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**ZA**

 <b>PUMP</b> 09.00 Zaal 1	 <b>BODYBALANCE</b> 10.00 Zaal 1	 <b>NIEUW!</b> <b>BOKSEN</b> 11.00 Zaal 1
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**ZO**

 <b>CIRCUIT TRAINING</b> 10.00 fitness
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