



**MY MOVE**  
SPORT.VOEDING.LIFESTYLE

# LESROOSTER

## Groepslessen

Geldig vanaf 1 februari 2022  
(onder voorbehoud)

**MA**

 <b>PUMP</b> 09.00 Zaal 1	 <b>CIRCUIT TRAINING</b> 10.00 fitness	 <b>YIN-YANG 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>CIRCUIT TRAINING</b> 19.00 fitness	 <b>SPINNING</b> 19.30 Zaal 2	 <b>ZUMBA</b> 20.00 Zaal 4	 <b>B.B.B</b> 20.30 Zaal 1
---	--	--	--	--	---	--	---	--	--

**DI**

 <b>B.B.B</b> 09.00 Zaal 1	 <b>PILATES</b> 10.00 Zaal 4	 <b>CIRCUIT TRAINING</b> 19.00 fitness	 <b>PUMP</b> 19.00 Zaal 1	 <b>SPINNING</b> 19.30 Zaal 2	 <b>BOKSEN</b> 20.00 Zaal 1	 <b>CROSSBOX</b> 20.00 outdoor
---	---	---	---	--	--	---

**WO**

 <b>SPINNING</b> 09.00 Zaal 2	 <b>PUMP</b> 10.00 Zaal 1	 <b>CIRCUIT TRAINING</b> 10.00 fitness	 <b>PILATES</b> 10.00* Zaal 4	 <b>PILATES</b> 11.00 Zaal 4	 <b>CIRCUIT TRAINING</b> 19.00 fitness	 <b>B-KICK</b> 19.00 Zaal 1	 <b>PUMP</b> 20.00 Zaal 1	 <b>B.B.B</b> 21.00 Zaal 1
---	---	--	---	--	--	---	---	--

**DO**

 <b>MY DANCE</b> 09.00 Zaal 1	 <b>PILATES</b> 10.00 Zaal 4	 <b>PILATES</b> 19.00 Zaal 4	 <b>CIRCUIT TRAINING</b> 19.00 fitness	 <b>CROSSBOX</b> 20.00 outdoor	 <b>SPINNING</b> 20.00 Zaal 2	 <b>YIN YOGA</b> 21.00 Zaal 1
---	--	--	---	--	---	---

**VRIJ**

 <b>PUMP</b> 09.00 Zaal 1	 <b>B.B.B</b> 10.00 Zaal 1	 <b>CIRCUIT TRAINING</b> 10.00 fitness
---	--	--

**ZA**

 <b>PUMP</b> 09.00 Zaal 1	 <b>BODYBALANCE</b> 10.00 Zaal 1	 <b>CIRCUIT TRAINING</b> 11.00 fitness
---	--	--

**ZO**

 <b>SPINNING</b> 09.00 Zaal 2	 <b>CIRCUIT TRAINING</b> 10.00 fitness
---	--

\*deze les is tijdelijk