



**MY MOVE**  
SPORT.VOEDING.LIFESTYLE

# LESROOSTER








## Groepslessen

Geldig vanaf 9 januari 2023  
(onder voorbehoud)

**MA**

								
<b>PUMP</b>	<b>xcore</b>	<b>YIN-YANG YOGA</b>	<b>PILATES</b>	<b>PILATES</b>	<b>PUMP</b>	<b>CROSSBOX</b>	<b>ZUMBA</b>	<b>BODYSHAPE</b>
09.00 Zaal 1	10.00 Zaal 1	10.00 Zaal 4	11.00 Zaal 4	19.00 Zaal 4	19.00 Zaal 1	20.00 outdoor	20.00 Zaal 4	20.30 Zaal 1

**DI**

						
<b>BODYSHAPE</b>	<b>PILATES</b>	<b>GENTLE FLOW YOGA</b>	<b>PUMP</b>	<b>SPINNING</b>	<b>BOKSEN</b>	<b>CROSSBOX</b>
09.00 Zaal 1	10.00 Zaal 4	11.00 Zaal 4	19.00 Zaal 1	20.00 Zaal 2	20.00 Zaal 1	20.00 outdoor

**WO**

					
<b>SPINNING</b>	<b>PUMP</b>	<b>PILATES</b>	<b>PILATES</b>	<b>B-KICK</b>	<b>PUMP</b>
09.00 Zaal 2	10.00 Zaal 1	10.00 Zaal 4	11.00 Zaal 4	19.00 Zaal 1	20.00 Zaal 1

**DO**

						
<b>MY DANCE</b>	<b>PILATES</b>	<b>PILATES</b>	<b>xcore</b>	<b>CROSSBOX</b>	<b>SPINNING</b>	<b>YIN YOGA</b>
09.00 Zaal 1	10.00 Zaal 4	19.00 Zaal 5	19.00 Zaal 1	20.00 outdoor	20.00 Zaal 2	20.00 Zaal 5

**VRIJ**

	
<b>PUMP</b>	<b>BODYSHAPE</b>
09.00 Zaal 1	10.00 Zaal 1

**ZA**

	
<b>PUMP</b>	<b>BODYBALANCE</b>
09.00 Zaal 1	10.00 Zaal 1

**ZO**

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