



**MY MOVE**  
SPORT.VOEDING.LIFESTYLE

# LESROOSTER

## Groepslessen

Geldig vanaf 17 januari 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
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**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>MY MOVE CROSSBOX</b> 20.00 outdoor
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**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> 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
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**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>MY MOVE CROSSBOX</b> 20.00 outdoor	 <b>SPINNING</b> 20.00 Zaal 2	 <b>YIN YOGA</b> 21.00 Zaal 1
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**VRIJ**

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

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

 <b>SPINNING</b> 09.00 Zaal 2	 <b>CIRCUIT TRAINING</b> 11.00 fitness
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