



MY MOVE
SPORT.VOEDING.LIFESTYLE

LESROOSTER

Groepslessen

Geldig vanaf 5 juni 2021
(onder voorbehoud)

MA



PUMP

09.00
Zaal 1



CIRCUIT TRAINING

10.00
outdoor



SPINNING

10.00
Zaal 2



YIN-YANG YOGA

10.00
Zaal 4



PILATES

11.00
Zaal 4



CIRCUIT TRAINING

14.00
outdoor



PUMP

19.00
Zaal 1



ZUMBA

20.00
Zaal 1



B.B.B

21.00
Zaal 1

DI



B.B.B

09.00
Zaal 1



PILATES

10.00
Zaal 4



CIRCUIT TRAINING

19.00
outdoor



PUMP

19.00
Zaal 1



SPINNING

19.30
Zaal 2



**MY MOVE
CROSSBOX**

20.00
outdoor

WO



SPINNING

09.00
Zaal 2



PUMP

10.00
Zaal 1



CIRCUIT TRAINING

10.00
outdoor



PILATES

11.00
Zaal 4



CIRCUIT TRAINING

19.00
outdoor



B-KICK

19.00
Zaal 1



PUMP

20.00
Zaal 1

DO



MY DANCE

09.00
Zaal 1



PILATES

10.00
Zaal 4



PILATES

19.00
Zaal 4



CIRCUIT TRAINING

19.00
outdoor



**MY MOVE
CROSSBOX**

20.00
outdoor



SPINNING

20.00
Zaal 2

VRIJ



PUMP

09.00
Zaal 1



B.B.B

10.00
Zaal 1



CIRCUIT TRAINING

10.00
outdoor



PILATES

11.00
Zaal 4

ZA



PUMP

09.00
Zaal 1



BODYBALANCE

10.00
Zaal 1



CIRCUIT TRAINING

11.00
outdoor

ZO



SPINNING

09.00
Zaal 2