



MY MOVE
SPORT.VOEDING.LIFESTYLE

LESROOSTER

Groepslessen

Geldig vanaf 1 maart 2023
(onder voorbehoud)

MA

							
PUMP	xcore	YIN-YANG YOGA	PILATES	PILATES	PUMP	ZUMBA	BODYSHAPE
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 Zaal 4	20.30 Zaal 1



DI

					
BODYSHAPE	PILATES	GENTLE FLOW YOGA	PUMP	SPINNING	BOKSEN
09.00 Zaal 1	10.00 Zaal 4	11.00 Zaal 4	19.00 Zaal 1	20.00 Zaal 2	20.00 Zaal 1

WO

					
SPINNING	PUMP	PILATES	PILATES	B-KICK	PUMP
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

					
MY DANCE	PILATES	PILATES	xcore	SPINNING	YIN YOGA
09.00 Zaal 1	10.00 Zaal 4	19.00 Zaal 5	19.00 Zaal 1	20.00 Zaal 2	20.00 Zaal 5

VRIJ

	
PUMP	BODYSHAPE
09.00 Zaal 1	10.00 Zaal 1

ZA

	
PUMP	BODYBALANCE
09.00 Zaal 1	10.00 Zaal 1

ZO

	
SPINNING	CIRCUIT TRAINING
09.00 Zaal 2	10.00 fitness