



MY MOVE
SPORT.VOEDING.LIFESTYLE

LESROOSTER

Groepslessen

Geldig vanaf 1 oktober 2021
(onder voorbehoud)









MA

									
PUMP	CIRCUIT TRAINING	YIN-YANG YOGA	PILATES	CIRCUIT TRAINING	PILATES	PUMP	CIRCUIT TRAINING	ZUMBA	B.B.B
09.00 Zaal 1	10.00 outdoor	10.00 Zaal 4	11.00 Zaal 4	14.00 outdoor	19.00 Zaal 4	19.00 Zaal 1	19.00 outdoor	20.00 Zaal 1	21.00 Zaal 1

DI

						
B.B.B	PILATES	CIRCUIT TRAINING	PUMP	SPINNING	BOKSEN	MY MOVE CROSSBOX
09.00 Zaal 1	10.00 Zaal 4	19.00 outdoor	19.00 Zaal 1	19.30 Zaal 2	20.00 Zaal 1	20.00 outdoor

WO

							
SPINNING	PUMP	CIRCUIT TRAINING	PILATES	CIRCUIT TRAINING	B-KICK	PUMP	B.B.B
09.00 Zaal 2	10.00 Zaal 1	10.00 outdoor	11.00 Zaal 4	19.00 outdoor	19.00 Zaal 1	20.00 Zaal 1	21.00 Zaal 1


DO

						
MY DANCE	PILATES	PILATES	CIRCUIT TRAINING	MY MOVE CROSSBOX	SPINNING	YIN YOGA
09.00 Zaal 1	10.00 Zaal 4	19.00 Zaal 4	19.00 outdoor	20.00 outdoor	20.00 Zaal 2	21.00 Zaal 1

VRIJ

		
PUMP	B.B.B	CIRCUIT TRAINING
09.00 Zaal 1	10.00 Zaal 1	10.00 outdoor

ZA

		
PUMP	BODYBALANCE	CIRCUIT TRAINING
09.00 Zaal 1	10.00 Zaal 1	10.00 outdoor

ZO

	
SPINNING	CIRCUIT TRAINING
09.00 Zaal 2	10.00 outdoor