



MY MOVE
SPORT.VOEDING.LIFESTYLE

LESROOSTER

Groepslessen

Geldig vanaf 1 september 2024
(onder voorbehoud)

MA



PUMP

09.00
Zaal 1



XCORE

10.00
Zaal 1



QI GONG YOGA

10.00
Zaal 4



PILATES

11.00
Zaal 4



PILATES

19.00
Zaal 4



PUMP

19.00
Zaal 1



HYROX

20.00
fitness



BODYSHAPE

20.30
Zaal 1

DI



BODYSHAPE

09.00
Zaal 1



PILATES

10.00
Zaal 1



GENTLE FLOW YOGA

11.00
Zaal 1



PUMP

19.00
Zaal 1



BOKSEN

20.00
Zaal 1

WO



PUMP

09.00
Zaal 1



PILATES

10.00
Zaal 1



B-KICK

19.00
Zaal 1



PUMP

20.00
Zaal 1

DO



MY DANCE

09.00
Zaal 1



PILATES

11.00
Zaal 1



PILATES

19.00
Zaal 5



XCORE

19.00
Zaal 1



ZUMBA

20.00
Zaal 1



YIN YOGA

21.00
Zaal 1

VRIJ



PUMP

09.00
Zaal 1



XCORE

10.00
Zaal 1



PILATES

10.00
Zaal 4



DO-IN YOGA

11.00
Zaal 4

ZA



PUMP

09.00
Zaal 1



BODYBALANCE

10.00
Zaal 1



BOKSEN

11.00
Zaal 1

ZO



CIRCUIT TRAINING

10.00
fitness