



MY MOVE
SPORT.VOEDING.LIFESTYLE

LESROOSTER

Groepslessen

Geldig vanaf 1 september 2022
(onder voorbehoud)

MA

 PUMP 09.00 Zaal 1	 CIRCUIT TRAINING 10.00 fitness	 YIN-YANG YOGA 10.00 Zaal 4	 PILATES 11.00 Zaal 4	 PILATES 19.00 Zaal 4	 PUMP 19.00 Zaal 1	 CIRCUIT TRAINING 19.00 fitness	 MY MOVE CROSSBOX 20.00 outdoor	 ZUMBA 20.00 Zaal 4	 B.B.B 20.30 Zaal 1
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 B.B.B 09.00 Zaal 1	 PILATES 10.00 Zaal 4	 CIRCUIT TRAINING 19.00 fitness	 PUMP 19.00 Zaal 1	 SPINNING 20.00 Zaal 2	 BOKSEN 20.00 Zaal 1	 MY MOVE CROSSBOX 20.00 outdoor	 BODYBALANCE 20.00* Zaal 5
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 SPINNING 09.00 Zaal 2	 PUMP 10.00 Zaal 1	 CIRCUIT TRAINING 10.00 fitness	 PILATES 10.00 Zaal 4	 PILATES 11.00 Zaal 4	 CIRCUIT TRAINING 19.00 fitness	 B-KICK 19.00 Zaal 1	 PUMP 20.00 Zaal 1
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DO

 MY DANCE 09.00 Zaal 1	 PILATES 10.00 Zaal 4	 PILATES 19.00 Zaal 4	 CIRCUIT TRAINING 19.00 fitness	 MY MOVE CROSSBOX 20.00 outdoor	 SPINNING 20.00 Zaal 2	 YIN YOGA 20.00 Zaal 5
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VRIJ

 PUMP 09.00 Zaal 1	 B.B.B 10.00 Zaal 1	 CIRCUIT TRAINING 10.00 fitness
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ZA

 PUMP 09.00 Zaal 1	 BODYBALANCE 10.00 Zaal 1	 CIRCUIT TRAINING 10.00 fitness
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ZO

 SPINNING 09.00 Zaal 2	 CIRCUIT TRAINING 10.00 fitness
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*deze les heeft een proefperiode van 3 maanden