

The Fitness House®

powered by CAESAR SPORT'S®

	Aerobic Studio		Spinning Studio	
MAANDAG	09:15 - 10:05	Step Aerobics	09:15 - 10:05	RPM
	10:15 - 11:05	Body Pump	18:00 - 18:50	RPM
	11:15 - 12:05	Body Balance	20:00 - 20:50	RPM
	18:15 - 19:05	Body Pump		
	19:15 - 20:05	Zumba		
	20:15 - 21:05	Yoga		
DINSDAG	09:15 - 10:05	Body Pump	19:00 - 19:50	RPM
	10:15 - 11:05	Pilates		
	11:15 - 12:05	Yoga		
	17:15 - 18:05	Body Pump		
	18:15 - 19:05	Body Boxx		
	19:15 - 20:05	Shapeburn		
	20:15 - 21:05	Pilates		
WOENSDAG	09:15 - 10:05	Shapeburn	09:15 - 10:05	RPM
	10:15 - 11:05	Pilates	18:15 - 19:05	RPM
	11:15 - 12:05	Yoga		
	17:15 - 18:05	Body Combat		
	18:15 - 19:05	Zumba		
	19:15 - 20:05	Body Pump		
	20:15 - 21:05	Yoga		
DONDERDAG	09:15 - 10:05	Salsation	18:15 - 19:05	RPM
	10:15 - 11:00	Yoga		
	11:15 - 12:05	Senior Yoga		
	12:15 - 13:05	Body Pump		
	18:15 - 19:05	Body Combat		
	19:15 - 20:05	Body Pump		
	20:15 - 21:05	Body Balance		
VRIJDAG	09:15 - 10:05	Body Pump	09:15 - 10:05	RPM
	10:15 - 11:05	Step Aerobics		
	11:15 - 12:05	Body Balance		
	18:15 - 19:05	Zumba		
ZATERDAG	09:15 - 10:05	Salsation	09:15 - 10:05	RPM
	10:15 - 11:05	Body Pump		
	11:15 - 12:05	Body Combat		
	12:15 - 13:05	Pilates		
ZONDAG	09:15 - 10:05	Zumba	09:15 - 10:05	RPM
	10:15 - 11:05	Body Boxx		
	11:15 - 12:05	Body Pump		
	12:15 - 13:05	Body Balance		