

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		
	11:15 - 12:05	Body Balance		
	15:45 - 16:35	Zumba		
DINSDAG	09:15 - 10:05	Body Pump	15:45 - 16:35	RPM
	10:15 - 11:05	Pilates		
	11:15 - 12:05	Yoga		
	15:45 - 16:35	Body Pump		
WOENSDAG	09:15 - 10:05	Shapeburn	09:15 - 10:05	RPM
	10:15 - 11:05	Pilates		
	11:15 - 12:05	Yoga		
	15:45 - 16:35	Body Pump		
DONDERDAG	09:15 - 10:05	Salsation		
	10:15 - 11:00	Yoga		
	11:15 - 12:05	Senior Yoga		
	12:15 - 13:05	Body Pump		
	15:45 - 16:35	Body Combat		
VRIJDAG	09:15 - 10:05	Body Pump	09:15 - 10:05	RPM
	10:15 - 11:05	Step Aerobics		
	11:15 - 12:05	Body Balance		
	15:45 - 16:35	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		