

# GROUP CLASS SCHEDULE

	AEROBICS STUDIO	SPINNING STUDIO	FREE WEIGHT AREA
MAANDAG	09:15 - 10:05 XCORE	09:15 - 10:05 RPM	09:30 - 10:00 Small Group Training
	10:15 - 11:05 BodyPump	18:00 - 18:50 RPM	10:00 - 10:10 Core Session
	11:15 - 12:05 BodyBalance	20:00 - 20:50 RPM	18:30 - 19:00 Small Group Training
	18:15 - 19:05 BodyPump		19:00 - 19:10 Core Session
	19:15 - 20:05 Zumba		
	20:15 - 21:05 XCORE		
	21:15 - 22:05 Yoga		
DINSDAG	09:15 - 10:05 BodyPump	19:00 - 19:50 RPM	09:30 - 10:00 Small Group Training
	10:15 - 11:05 Pilates		10:00 - 10:10 Core Session
	11:15 - 12:05 Yoga		18:30 - 19:00 Small Group Training
	17:15 - 18:05 BodyPump		19:00 - 19:10 Core Session
	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	09:30 - 10:00 Small Group Training
	10:15 - 11:05 Pilates	18:15 - 19:05 RPM	10:00 - 10:10 Core Session
	11:15 - 12:05 Yoga		18:30 - 19:00 Small Group Training
	17:15 - 18:05 BodyCombat		19:00 - 19:10 Core Session
	18:15 - 19:05 Zumba		
	19:15 - 20:05 BodyPump		
DONDERDAG	09:15 - 10:05 Salsation	18:15 - 19:05 RPM	09:30 - 10:00 Small Group Training
	10:15 - 11:05 XCORE		10:00 - 10:10 Core Session
	11:15 - 12:05 Zumba		18:30 - 19:00 Small Group Training
	12:15 - 13:05 BodyPump		19:00 - 19:10 Core Session
	17:15 - 18:05 XCORE		
	18:15 - 19:05 BodyCombat		
	19:15 - 20:05 BodyPump		
	20:15 - 21:05 BodyBalance		
VRIJDAG	09:15 - 10:05 BodyPump	09:15 - 10:05 RPM	09:30 - 10:00 Small Group Training
	10:15 - 11:05 BodyCombat		10:00 - 10:10 Core Session
	11:15 - 12:05 BodyBalance		18:30 - 19:00 Small Group Training
	18:15 - 19:05 Zumba		19:00 - 19:10 Core Session
ZATERDAG	09:15 - 10:05 Salsation	09:15 - 10:05 RPM	10:30 - 11:00 Small Group Training
	10:15 - 11:05 BodyPump		11:00 - 11:10 Core Session
	11:15 - 12:05 BodyCombat		
	12:15 - 13:05 Pilates		
ZONDAG	09:15 - 10:05 Zumba	09:15 - 10:05 RPM	10:30 - 11:00 Small Group Training
	10:15 - 11:05 Body Boxx		11:00 - 11:10 Core Session
	11:15 - 12:05 BodyBalance		
	12:15 - 13:05 BodyPump		



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[www.thefitnesshouse.nl](http://www.thefitnesshouse.nl)