

The Fitness House®

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	Aerobic Studio		Spinning Studio		Free weights	
MAANDAG	09:15 - 10:05	Shapeburn	09:15 - 10:05	RPM	09:30 - 10:00	Small Group Training
	10:15 - 11:05	Body Pump	18:00 - 18:50	RPM	10:00 - 10:10	Core session
	11:15 - 12:05	Body Balance	20:00 - 20:50	RPM	18:30 - 19:00	Small Group Training
	18:15 - 19:05	Body Pump			19:00 - 19:10	Core session
	19:15 - 20:05	Zumba				
	20:15 - 21:05	Yoga				
DINSDAG	09:15 - 10:05	Body Pump	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	Body Pump			19:00 - 19:10	Core session
	18:15 - 19:05	Body Boxx				
	19:15 - 20:05	Shapeburn				
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	Body Combat			19:00 - 19:10	Core session
	18:15 - 19:05	Zumba				
	19:15 - 20:05	Body Pump				
DONDERDAG	09:15 - 10:05	Salsation	18:15 - 19:05	RPM	09:30 - 10:00	Small Group Training
	10:15 - 11:00	Yoga			10:00 - 10:10	Core session
	11:15 - 12:05	Senior Yoga			18:30 - 19:00	Small Group Training
	12:15 - 13:05	Body Pump			19:00 - 19:10	Core session
	18:15 - 19:05	Body Combat				
	19:15 - 20:05	Body Pump				
VRIJDAG	09:15 - 10:05	Body Pump	09:15 - 10:05	RPM	09:30 - 10:00	Small Group Training
	10:15 - 11:05	Body Combat			10:00 - 10:10	Core session
	11:15 - 12:05	Body Balance			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	Body Pump			11:00 - 11:10	Core session
	11:15 - 12:05	Body Combat				
	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	Body Balance				
	12:15 - 13:05	Body Pump				