

# GROUP CLASS SCHEDULE

	AEROBICS STUDIO	SPINNING STUDIO	FREE WEIGHT AREA
MAANDAG	09:15 - 10:05 XCORE	09:15 - 10:05 RPM	09:00 - 09:30 Small Group Circuit
	10:15 - 11:05 BodyPump	18:00 - 18:50 RPM	09:45 - 10:15 Kettlebell Training
	11:15 - 12:05 BodyBalance	20:00 - 20:50 RPM	11:15 - 11:45 Senior Stretch-Balance
	18:15 - 19:05 BodyPump		18:30 - 19:00 TRX Training
	19:15 - 20:05 Zumba		19:15 - 19:30 ABS Session
	20:15 - 21:05 XCORE		19:45 - 20:15 Booty Work-Out
	21:15 - 22:05 BodyBalance		
DINSDAG	09:15 - 10:05 BodyPump	19:00 - 19:50 RPM	09:00 - 09:30 Small Group Circuit
	10:15 - 11:05 Pilates		09:45 - 10:15 Boxing
	11:15 - 12:05 Yoga		
	17:15 - 18:05 BodyPump		18:30 - 19:00 Stretch Class
	18:15 - 19:05 Body Boxx		19:15 - 19:30 ABS Session
	19:15 - 20:05 Shapeburn		
	20:15 - 21:05 Pilates		
WOENSDAG	09:15 - 10:05 Shapeburn	09:15 - 10:05 RPM	09:00 - 09:30 TRX Training
	10:15 - 11:05 Pilates	18:15 - 19:05 RPM	09:30 - 09:45 ABS Session
	11:15 - 12:05 Yoga		11:15 - 11:45 Senior Stretch-Balance
	17:15 - 18:05 BodyCombat		18:30 - 19:00 Small Group Circuit
	18:15 - 19:05 Zumba		19:15 - 19:45 Booty Work-Out
	19:15 - 20:05 BodyPump		
	20:15 - 21:05 Salsation		
DONDERDAG	09:15 - 10:05 Yoga	18:15 - 19:05 RPM	09:00 - 09:30 Booty
	10:15 - 11:05 XCORE		09:30 - 09:45 ABS Session
	11:15 - 12:05 Zumba		10:00 - 10:30 Stretch Class
	12:15 - 13:05 BodyPump		
	17:15 - 18:05 XCORE		18:30 - 18:45 ABS Session
	18:15 - 19:05 BodyCombat		19:00 - 19:30 Booty Work-Out
	19:15 - 20:05 BodyPump		
	20:15 - 21:05 BodyBalance		
VRIJDAG	09:15 - 10:05 BodyPump	09:15 - 10:05 RPM	09:00 - 09:30 Kettlebell Training
	10:15 - 11:05 BodyCombat		09:45 - 10:15 Small Group Circuit
	11:15 - 12:05 BodyBalance		
	17:15 - 18:05 BodyPump		18:30 - 19:00 TRX Training
	18:15 - 19:05 Zumba		
ZATERDAG	09:15 - 10:05 BodyPump	09:15 - 10:05 RPM	09:30 - 10:00 Small Group Circuit
	10:15 - 11:05 BodyCombat		10:00 - 10:15 ABS Session
	11:15 - 12:05 Bodypump		10:30 - 11:00 Boxing
	12:15 - 13:05 Pilates		
ZONDAG	09:15 - 10:05 Zumba	09:15 - 10:05 RPM	10:30 - 11:00 Small Group Circuit
	10:15 - 11:05 Body Boxx		11:00 - 11:15 ABS Session
	11:15 - 12:05 BodyBalance		11:30 - 12:00 Booty Work-Out
	12:15 - 13:05 BodyPump		

