

Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag
Circuit training → 08:30 - 09:15		Circuit training → 09:00 - 09:45		Circuit training → 08:45 - 09:30	Circuit training → 08:30 - 09:15
Circuit training → 09:15 - 09:45		Yoga → 10:00 - 11:00			Circuit training → 09:15 - 10:00
Dans → 09:45 - 10:15		Stoel Yoga → 11:15 - 12:15			Yoga → 10:00 - 11:00
Stoel Yoga → 10:15 - 11:15					
Stoel Yoga → 11:15 - 12:15					

Middag

	Medisch Fitness → 13:00 - 14:00		Medisch Fitness → 13:00 - 14:00
Medisch Fitness → 14:00 - 15:00		Medisch Fitness → 14:00 - 15:00	

Avond

Circuit training → 18:45 - 19:30	Kracht & Interval → 19:30 - 20:15	Circuit training → 18:45 - 19:30	Kracht & Interval → 19:30 - 20:15
Small Group training → 19:30 - 20:30		Mam & Fit → 19:30 - 20:15	
		Yoga → 20:15 - 21:15	

Openingstijden

Ma	08:30 - 13:00 / 13:00 - 16:00* / 16:00 - 21:30
Di	08:30 - 21:30
Wo	08:30 - 13:00 / 13:00 - 15:30* / 15:30 - 21:30
Do	08:30 - 21:30
Vr	08:30 - 13:00 / 13:00 - 18:00*
Za	08:00 - 13:00

* Vrij fitness