

Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag
08:30 - 09:00 Start van de week	09:00 - 09:50 Circuit training	08:30 - 09:00 Circuit training	08:30 - 09:20 Circuit training	09:00 - 09:30 Circuit training	09:00 - 09:50 Body Pump
09:00 - 09:30 Start van de week	10:00 - 10:50 Circuit training	09:00 - 09:30 Circuit training	09:30 - 10:20 Circuit training	09:30 - 10:00 Circuit training	10:15 - 11:15 Yoga
09:00 - 09:30 Circuit training		09:30 - 10:20 Yoga		10:15 - 11:00 Stoel Yoga	11:15 - 12:15 Yoga
09:30 - 10:00 Dans		10:30 - 11:10 Yoga			
10:00 - 10:50 Circuit training					
10:15 - 11:15 Stoel Yoga					
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13:00 - 14:00 Medisch Fitness	13:00 - 13:50 Circuit training		13:00 - 13:50 Circuit training	13:00 - 14:00 Medisch Fitness	
14:00 - 15:00 Medisch Fitness			14:00 - 15:00 Medisch Fitness		
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18:45 - 19:30 circuit training	19:00 - 19:30 Circuit training	19:00 - 19:50 Circuit training	19:00 - 19:30 Circuit training	19:00 - 19:50 Circuit training	
19:30 - 20:15 Circuit training	19:30 - 20:30 Body Pump	20:00 - 20:50 Circuit training	19:30 - 20:30 Body Pump		
19:30 - 20:15 Yoga		20:00 - 21:00 Power Yoga			
20:15 - 21:00 Circuit training					
20:15 - 21:00 Yoga					