

Les:	Lesgever:	Tijd:
<b>Maandag</b>		
Pump	Nicole Slaghekke	07:30 - 08:15
Pump	Patricia de Bruine	09:00 - 09:45
Spinning	Rianne Heeringa	10:00 - 10:45
Small Group	Jochem Goosen	18:00 - 18:30
Broga	Dennis Bron	18:30 - 19:30
Pump	Paola Smeets	19:30 - 20:15
Spinning	Edwin v/d Meerendonk	20:30 - 21:30
<b>Dinsdag:</b>		
Pump	Rianne Heeringa	09:00 - 09:45
Hiit	Phlox v/d Bosch	10:00 - 10:30
50- Fit	Rianne Heeringa	11:00 - 12:00
Small group Training	Jochem Goosen	18:00 - 18:30
Body shape	Sabine Pronk	18:15 - 19:00
Kickboksen	John van Haaften	19:00 - 20:00
Spinning	Edgar vermaas	20:15 - 21:00
<b>Woensdag:</b>		
Pump	Dennis Bron	09:00 - 09:45
Spin/Pump	Nicole Slaghekke	10:00 - 11:00
50- Fit	Paulina Restrepo	11:00 - 12:00
Pump	Solange Brenet	18:00 - 18:45
Zumba	Solange Brenet	19:00 - 19:45
Spinning	Paola Smeets	20:00 - 20:45
<b>Donderdag:</b>		
Pump	Rianne Heeringa	09:00 - 09:45
50- Fit	Rianne Heeringa	11:00 - 12:00
Kickboksen	John van Haaften	17:00 - 18:00
Hii- Shape	Solange Brenet	18:00 - 18:45
Zumba	Solange Brenet	19:00 - 19:45
<b>Vrijdag:</b>		
Spinning	Nicole Slaghekke	08:30 - 09:15
Small Group Training	Jochem Goosen	08:30 - 9:00
Spinning	Dennis Bron	09:30 - 10:15
Pump	Nicole Slaghekke	10:30 - 11:15

<b>Zaterdag:</b>		
Spinning	Paola Smeets	08:30 - 09:15
Aerobics	Vivienne Lipman	09:30 - 10:15
Pump	Vivienne Lipman	10:30 - 11:15
Butt Factory	Ortal Vriend	11:30 - 12:30
Butt Factory	Ortal Vriend	12:30 - 13:30
<b>Zondag:</b>		
Spin/Pump	Nicole Slaghekke	09:00 - 10:00
Spinning	Dennis Bron	10:00 - 11:00
Pump	Patricia de Bruine	11:00 - 12:00
Kickboksen	Rianne Heeringa	12:00 - 13:00