

GROUP CLASS SCHEDULE

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