

LESROOSTER | 2024 - 2025



SPORT & YOGA

o.v.b. van wijzigingen

MAANDAG			DONDERDAG		
		STUDIO			STUDIO
09.15 - 10.15	Total Body Workout	1	19.00 - 19.45	XCORE	1
10.15 - 11.15	Flow Yoga NIEUW o.v.b.	3	19.15 - 20.10	Flow - Active - Yoga	2
			19.45 - 20.45	Club Power PUMP	1
18.30 - 19.00	Holy Booty NIEUW o.v.b.	3			
19.00 - 20.00	Salsation (Rhythm Fusion)	1			
19.15 - 20.00	Aqua Bag Workout	3			
20.15 - 21.15	Total Body Workout	1			
20.15 - 21.15	Yin Yoga	2			

DINSDAG			VRIJDAG		
		STUDIO			STUDIO
09.15 - 10.15	BBB Workout NIEUW	1	09.15 - 10.15	Salsation (Rythm Fusion)	2
			09.15 - 10.15	XCORE	1
18.45 - 19.30	(X)CORE - Stability	3			
19.30 - 20.30	Yang/Yin Yoga	3			
19.30 - 20.30	Club Power PUMP	1			
20.30 - 21.20	Zumba	1			

WOENSDAG			ZATERDAG		
		STUDIO			STUDIO
09.30 - 10.30	Total Body Workout	1	08.20 - 09.15	Yoga Mix	1
10.30 - 11.30	Yin Yoga	1	09.15 - 10.05	ZUMBA	3
18.30 - 19.15	High Intensity Interval Training	2			
19.15 - 20.15	Disco Fever Fun volw.	2			
19.25 - 20.15	Zumba	1			
20.15 - 21.15	Vinyasa Yoga NIEUW	2			

ZONDAG		
		STUDIO
10.00 - 11.00	BBB Workout	2
Tijd n.t.b.	1 x per maand Yoga pop up	3