

# Groepslessen / Groupclasses



🕒 - 15 min
🕒 - 30 min
🕒 - 45 min
🕒 - 55 min
Versie 8 Jan 2018

	MA / MO	DI / TU	WO / WE	DO / TH	VR / FR		ZA / SA	ZO / SU
12:00	BODYSHAPE	ZUMBA	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	YOGA	12:00	09:00	
13:00	H.I.I.T.	LES MILLS BODYPUMP			LES MILLS GRIT	13:00	09:30	LES MILLS BODYPUMP
17:00				LES MILLS GRIT	YOGA	17:00	10:00	PILOXING
17:30	LES MILLS BODYPUMP	H.I.I.T.	YOGA			17:30	10:30	LES MILLS BODYATTACK
18:00		LES MILLS BODYBALANCE		LES MILLS BODYBALANCE	LES MILLS BODYPUMP	18:00	11:15	ZUMBA
18:30	LES MILLS BODYCOMBAT		LES MILLS BODYCOMBAT			18:30	11:30	LES MILLS BODYBALANCE
19:00		PILOXING		LES MILLS BODYATTACK	LES MILLS BODYATTACK	19:00		
19:30	LES MILLS GRIT		LES MILLS BODYPUMP			19:30		
20:00	LES MILLS BODYATTACK					20:00		
20:15		ZUMBA			ZUMBA	20:15		
20:30			H.I.I.T.			20:30		

## Indoor Cycling

	MA / MO	DI / TU	WO / WE	DO / TH	VR / FR		ZA / SA	ZO / SU
12:00					LES MILLS RPM	12:00	09:00	
13:00			SPINNING		SPINNING	13:00	10:00	LES MILLS RPM
16:30		LES MILLS RPM				16:30		
18:00	SPINNING					18:00		
18:30		LES MILLS Sprint				18:30		
19:30	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM			19:30		

## Playground Workouts

	MA / MO	DI / TU	WO / WE	DO / TH	VR / FR		ZA / SA	ZO / SU
08:00	ABS MARATHON	ABS MARATHON	ABS MARATHON	ABS MARATHON	ABS MARATHON	08:00	09:30	PLAYGROUND WORKOUT
12:30	PLAYGROUND WORKOUT	PLAYGROUND WORKOUT	PLAYGROUND WORKOUT	PLAYGROUND WORKOUT	PLAYGROUND WORKOUT	12:30	10:00	ABS MARATHON
13:00	ABS MARATHON	ABS MARATHON	ABS MARATHON	ABS MARATHON	ABS MARATHON	13:00	13:00	ABS MARATHON
							13:30	PLAYGROUND WORKOUT
16:30			PLAYGROUND WORKOUT			16:30		
17:00		PLAYGROUND WORKOUT		PLAYGROUND WORKOUT		17:00		
17:30	ABS MARATHON	ABS MARATHON	ABS MARATHON	ABS MARATHON	ABS MARATHON	17:30		
21:00		ABS MARATHON	ABS MARATHON	ABS MARATHON		21:00		

Openingstijden / Opening Hours

Mon to Fri: 07:00 - 22:00

Sat & Sun: 09:00 - 15:00