

ROOSTER

VANAF 01-04-2022 T/M 30-06-2022

MOVE
SHAPE
POWER
SPORT
BALANCE
FUN
KIDZZ

	STUDIO 1	STUDIO 2	YOGA STUDIO	FITNESS	ZWEMBAD	OUTDOORBAAN	VERGADERRUIMTE
MA							
7.15		SPINNING 50 minuten		FUNCTIONELE TRAINING 30 minuten			
8.05		HIIT SPINNING 30 minuten					
8.45	WAKE UP HIIT 30 minuten						
9.00			PILATES 50 minuten				
9.30	TOTAL BODY WORKOUT 50 minuten						
10.00		JOYWALK 50 minuten	RESTORATIVE YOGA 50 minuten	CORE & BALANCE 30 minuten			
11.00					AQUAROBICS 45 minuten		
18.00	LES MILLS GRIT CARDIO 30 minuten						
18.30	LES MILLS BODYPUMP 55 minuten			CIRCUIT TRAINING 45 minuten			
18.45		HIIT SPINNING 30 minuten					
19.15				BUIKSPIER KWARTIER 15 minuten			
19.30	LES MILLS BODYBALANCE 55 minuten	SPINNING 50 minuten				WOD 50 minuten	
20.30	BOKSEN 50 minuten						
DI							
7.15				FUNCTIONELE TRAINING 30 minuten			
9.00	BODYSHAPE 50 minuten		YIN YOGA 50 minuten				
10.00	DANCE WORKOUT 50 minuten			CORE & BALANCE 30 minuten			
11.15					AQUAROBICS 45 minuten		
13.30	FIT+ 45 minuten						
14.45					FIT+ AQUA 45 minuten		
18.00	LES MILLS GRIT CARDIO 30 minuten						
18.45	TOTAL BODY WORKOUT 50 minuten	HIIT SPINNING 30 minuten					
19.00			PILATES 50 minuten				
19.30		SPINNING 50 minuten		CIRCUIT TRAINING 45 minuten			
19.45	CORE POWER 30 minuten						
20.15					AQUAROBICS 45 minuten		
WO							
9.00	LES MILLS BODYATTACK 50 minuten	SPINNING 50 minuten	YIN YOGA 50 minuten	CIRCUIT TRAINING 45 minuten	BABYZWEMMEN 0-2 JAAR		
9.45				BUIKSPIER KWARTIER 15 minuten			
10.00	CORE & BALANCE 30 minuten		POWER YOGA 50 minuten		PEUTERZWEMMEN 2-4 JAAR		
19.00	LES MILLS BODYBALANCE 55 minuten					WOD 50 minuten	
19.30		#JUMP 50 minuten					
20.00	LES MILLS BODYPUMP 55 minuten				AQUAROBICS 45 minuten		
DO							
7.15				FUNCTIONELE TRAINING 30 minuten			
8.00		HIIT SPINNING 30 minuten					
8.30		SPINNING 50 minuten					
9.00	LES MILLS BODYPUMP 55 minuten		HATHA YOGA 50 minuten				
10.00	DANCE WORKOUT 50 minuten		YINYANG YOGA 50 minuten	CORE & BALANCE 30 minuten			
11.15					AQUAROBICS 45 minuten		
19.00	ZUMBA 50 minuten	HIIT SPINNING 30 minuten	YIN YOGA 50 minuten				
19.30		SPINNING 50 minuten				WOD 50 minuten	
20.15	TOTAL BODY WORKOUT 50 minuten						
VR							
9.00	BODYSHAPE 50 minuten	SPINNING 50 minuten				WOD 50 minuten	
10.00	LES MILLS BODYBALANCE 55 minuten			CORE & BALANCE 30 minuten			
13.30	FIT+ 45 minuten						
14.45					FIT+ AQUA 45 minuten		
ZA							
9.00	LES MILLS BODYPUMP 55 minuten						
9.30		HIIT SPINNING 30 minuten					
10.00	LES MILLS BODYATTACK 50 minuten	SPINNING 50 minuten		CIRCUIT TRAINING 45 minuten			KIDZZACTIVITEITEN (3-5) 50 minuten
ZO							
9.00			YIN YOGA 50 minuten	CIRCUIT TRAINING 45 minuten			
9.30	ZUMBA 50 minuten	SPINNING 50 minuten					
9.45						LES MILLS GRIT CARDIO 30 minuten	
10.00			KIDZZYOGA (5-12) 50 minuten				
10.15				CORE & BALANCE 30 minuten			
10.30	LES MILLS CORE 30 minuten						
11.00	LES MILLS BODYBALANCE 55 minuten					KIDZZSPORT (5-12) 50 minuten	