

S | E
L | F

maandag

dinsdag

woensdag

donderdag

Vrijdag

zaterdag

zondag

7:00

8:00

9:00

10:00

18:00

19:00

20:00

21:00

8:45 - 9:15

GRIT

9:15 - 10:15

BODYPUMP

8:00 - 9:00

WOW

9:00 - 9:45

LESMILLS PILATES

9:45 - 10:30

CIRCUIT TRAINING

8:00 - 8:45

HYROX

8:45 - 9:30

BODYPUMP HEAVY

9:00 - 10:00

CIRCUIT TRAINING

9:00 - 9:45

LESMILLS PILATES

9:45 - 10:45

CROSSBOX

9:00 - 10:00

HYROX

18:30 - 19:15

WOW

18:30 - 19:30

CROSSBOX

19:00 - 19:30

ABS

18:45 - 19:30

BODYPUMP
HEAVY

19:30 - 20:00

ABS

20:00 - 20:45

LESMILLS
PILATES

19:30 - 20:30

CROSSBOX

20:30 - 21:30

HYROX

19:00 - 19:30

BOOTY

19:30 - 20:30

BODYPUMP

19:00 - 20:00

CROSSBOX

20:00 - 21:00

HYROX

19:30 - 20:00

BOOTY

20:00 - 21:00

PILATES

19:30 - 20:30

HYROX

19:30 - 20:30

BODYPUMP