



The Roots  
COMMUNITY & HEALTHCLUB

# REFORMER PILATES - RESERVATIE VEREIST

| Startuur | Maandag            | Dinsdag            | Woensdag                          | Donderdag          | Vrijdag                           | Zaterdag        | Zondag             |
|----------|--------------------|--------------------|-----------------------------------|--------------------|-----------------------------------|-----------------|--------------------|
|          | REFORMER STUDIO    | REFORMER STUDIO    | REFORMER STUDIO                   | REFORMER STUDIO    | REFORMER STUDIO                   | REFORMER STUDIO | REFORMER STUDIO    |
| 07:00    |                    |                    | CLASSICAL REFORMER                |                    |                                   |                 |                    |
| 07:30    |                    |                    |                                   |                    |                                   |                 |                    |
| 08:00    | CLASSICAL REFORMER | CLASSICAL REFORMER | CLASSICAL REFORMER                |                    | CLASSICAL REFORMER                |                 |                    |
| 08:30    |                    |                    |                                   |                    |                                   |                 |                    |
| 09:00    | POWER REFORMER     | CLASSICAL REFORMER |                                   | CLASSICAL REFORMER | BOOTYFORMER                       |                 | CLASSICAL REFORMER |
| 09:30    |                    |                    |                                   |                    |                                   |                 |                    |
| 10:00    |                    |                    |                                   | CLASSICAL REFORMER |                                   |                 | START TO REFORM    |
| 10:30    |                    |                    |                                   |                    |                                   |                 |                    |
| 11:00    |                    |                    |                                   |                    |                                   |                 | HATHA YOGA FLOW    |
| 11:30    |                    |                    |                                   |                    |                                   |                 |                    |
| 12:00    |                    |                    |                                   |                    |                                   |                 |                    |
| 18:00    |                    |                    |                                   |                    |                                   |                 |                    |
| 18:30    | START TO REFORM    |                    | CLASSICAL REFORMER<br>VANAF MAART |                    |                                   |                 |                    |
| 19:00    |                    |                    |                                   |                    |                                   |                 |                    |
| 19:30    | CLASSICAL REFORMER |                    | CLASSICAL REFORMER<br>VANAF MAART | START TO REFORM    | CLASSICAL REFORMER                |                 |                    |
| 20:00    |                    |                    |                                   |                    |                                   |                 |                    |
| 20:30    | CLASSICAL REFORMER |                    |                                   | CLASSICAL REFORMER | CLASSICAL REFORMER<br>VANAF MAART |                 |                    |

**Start to reform:** Introductieles waar de basis van een reformer les wordt uitgelegd  
**Classical reformer:** Algemene toegankelijke reformer les  
**Power reformer:** Reformer les met focus op kracht en uithouding  
**Bootyformer:** Focus op de vorming van de benen en de billen

**TIP: Gebruik onze kiosk met onbeperkte access on demand!**  
Kiosk reservatie enkel mogelijk op lesvrije momenten -  
Van beginner tot expert