

MAANDAG

08:00 - 22:00







09:00-09:50	Total Body Experience	  
09:30-10:20	SMC Circuit	  
10:00-10:50	55+ fit	    
11:00-11:50	Classic Pilates	

18:00-18:50	Fat Burn	  
18:00-18:50	Zumba	 
19:00-19:50	Total Body Experience	  
20:00-20:50	Indoor Cycling	 
21:00-21:30	Core Stability	

DINSDAG

08:00 - 22:00






10:00-10:50	Low Fit	    
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19:00-19:50	SMC Circuit	  
19:45-20:35	Cardio Boxing	 
21:00-21:30	Core Stability	


WOENSDAG

08:00 - 22:00


08:30-09:20	Indoor Cycling	 
10:00-10:50	Low Fit Fibromyalgie	    
11:00-11:50	SMC Circuit	  


19:00-19:50	SMC Circuit	  
19:00-19:50	Indoor Cycling	 
20:00-20:50	Body Pump	  

kracht


cardio


ritme


balans


core stability


DONDERDAG

08:00 - 22:00

08:30-09:30	Yoga	  
09:00-09:50	Smc Circuit	    
10:00-10:50	55+ Fit	 
11:00-11:30	Core Stability	 
18:30-19:20	Classic Pilates	
19:30-20:20	HITT Experience	   
21:00-21:30	Core Stability	

VRIJDAG

08:00 - 21:00

09:00-09:50	Total Body experience	 
10:00-10:50	Power Pilates	
14:00-14:50	SMC Circuit	  
18:30-19:30	Bodypump	  
18:30-19:20	SMC Cross	  
19:30-20:20	Virtual Cycling	




ZATERDAG

08:00 - 13:00

09:00-09:50	Indoor Cycling	 
10:00-10:50	Total Body Experience	  
10:00-10:30	Core Stability	

ZONDAG

08:00 - 13:00

09:30-10:20	SMC Cross	  
09:30-10:20	Indoor Cycling	