





SMC AMBY

Groepslessen vanaf 1 Aug 2020

MAANDAG		open: 08:00-22:00		
09:00-09:50	Total Body Experience (Sandra)	  		
09:30-10:20	SMC Circuit (Sandra)	  		
10:00-10:50	55+ fit (sandra)	    		
11:00-11:50	Classic Pilates (Christina)			
18:00-18:50	SMC Circuit (Stito)	  		
18:00-18:50	ZUMBA	 		
20:00-20:50	Indoor Cycling (Ian)	 		
DINSdag		open: 08:00-22:00		
10:00-10:50	Low Fit (Sandra)	    		
18:30-19:30	Total Body Experience (Melissa)	vanaf 18 aug		
19:00-19:50	SMC Circuit (Tim)	  		
19:45-20:35	Cardio Boxing (Johan)	   		
WOENSDAG		open: 08:00-22:00		
08:30-09:20	Indoor Cycling (Sandra)	 		
10:00-10:50	Low Fit Fibromyalgie (Sandra)	    		
11:00-11:50	SMC Circuit (Sandra)	  		
19:00-19:50	SMC Circuit (Stito)	  		
19:00-19:50	Indoor Cycling (Anke)	 		
20:00-20:50	Body Pump (Svetlana)	  		
DONDERDAG		open: 08:00-22:00		
08:30-09:30	Yoga (Christina)	    		
09:00-09:50	Smc Circuit (Ron)	    		
11.15-12.15	55+ Fit (Sandra)	 		
18:30-19:20	Classic Pilates (Christina)			
19:30-20:20	HITT Experience (Tim)	   		
19:30-20:20	ZUMBA (Odette)	vanaf 3 sept		
VRIJDAG		open: 08:00-21:00		
09:30-10:30	Total Body / pilates Combi (Sandra)	   		
14:00-14:50	SMC Circuit (Thijs)	    		
18:30-19:20	SMC Cross (Thijs)	    		
19:30-20:20	Virtual Cycling			
ZATERDAG		open: 09:00-13:00		
09:00-09:50	Indoor Cycling (Eric)	 		
10:00-10:50	Total Body Experience (Inge)	  		
11:00-12:00	SMC Circuit (Tim)	 		
ZONDAG		open: 09:00-13:00		
09:30-10:20	SMC Cross (Thijs)	    		
09:30-10:30	Indoor Cycling (Ian)	 		
11:00-12:00	Bodypump (Janou)	  		

kracht


cardio


ritme


balans


core stability
