GROEPSLESROOSTER ZOMER 2025

LEN

MAANDAG

OCHTEND

- **YIN YOGA** 09:00-10:00
- **CROSS** 09:00-10:00
- **X-TONE** 10:00-11:00

AVOND

- **POWER PILATES** 18:30-19:30
- **EASY FLOW** 18:30-19:30
- **X-FULL BODY CIRCUIT** 19:30-20:30
- **CROSS** 19:30-20:30
- **PILATES** 19:30-20:30
- **HATHA YOGA** 20:30-21:30

DINSDAG

OCHTEND

- **SENIOR FIT** 08:30-09:00
- **PILATES** 09:00-10:00
- **POWER PILATES** 09:00-10:00
- **TRX** 09:00-10:00

AVOND

- **PILATES** 19:30-20:30
- **X-RUMBLE** 19:30-20:30
- **YIN YOGA** 20:30-21:30
- **CROSS** 20:30-21:30

WOENSDAG

OCHTEND

- **EASY FIT CIRCUIT** 08:30-09:00
- **ASHTANGA YOGA** 09:00-10:00
- **CROSS** 09:00-10:00
- **X-TONE** 09:00-10:00
- **YIN YOGA** 10:00-11:00

AVOND

- **REN MET TEN** 19:00-20:15
- **POWER PILATES** 19:30-20:30
- **CROSS** 19:30-20:30
- **ZWANGER-SCHAPSYOGA** 19:30-20:30

DONDERDAG

OCHTEND

- **PILATES** 09:00-10:00

AVOND

- **TRX** 19:30-20:30
- **YIN YOGA** 19:30-20:30
- **X-FULL BODY CIRCUIT** 19:30-20:30
- **X-RUMBLE** 20:30-21:30
- **CROSSROX** 20:30-21:30

VRIJDAG

OCHTEND

- **EASY FIT TRX** 08:30-09:00
- **TRX** 09:00-10:00
- **PILATES** 09:00-10:00
- **POWER PILATES** 09:00-10:00
- **X-TONE** 10:00-11:00
- **BODY FLOW** 10:00-11:00

AVOND

ZATERDAG

OCHTEND

- **REN MET TEN** 09:00 -10:30
- **ASHTANGA YOGA** 09:00-10:00
- **CROSS** 09:00-10:00
- **POWER PILATES** 09:00-10:00
- **HATHA YOGA** 10:00-11:00
- **X-TONE** 10:00-11:00
- **FUNCAMP** 10:00-11:00

AVOND

ZONDAG

OCHTEND

- **PILATES** 09:00-10:00
- **CROSS** 09:00-10:00
- **YIN YOGA** 10:00-11:00
- **CROSSROX** 10:00-11:00

AVOND

LET OP: het rooster kan aangepast worden