

FITNEZZplaza

Vanaf Feb 2019

zwart >17 jr

wit < 17jr

| Maandag | | Maandag | | Maandag | |
|-------------|------------------|--------------|-----------------|-----------------------|---------------------|
| Zaal boven | | Zaal beneden | | Spinning/Play/Fitness | |
| 09.00-09.45 | BODYFIT | 07.30-08.00 | MEDITATIE | | |
| 09.45-10.15 | CORE | 09.00-09.45 | STEPS | 16.00-17.00 | Kick & Fun 7-12 jr |
| 10.15-11.00 | CLUB POWER | 11.00-12.00 | HATHA YOGA | | |
| | | | | | |
| 19.00-19.45 | HiiT (body) | | | 19.00-19.45 | HiiT (Challenge) XL |
| 19.45-20.15 | CORE | | | 20.15-21.15 | SPINNING |
| 20.15-21.00 | TOTAL WORKOUT | | | 21.00-22.00 | CiRCUiT MiX |
| Dinsdag | | Dinsdag | | Dinsdag | |
| Zaal boven | | Zaal beneden | | Spinning/Play/Fitness | |
| 09.00-09.45 | VARiFiT 50+ | 12.30-13.00 | MEDITATIE | 09.00-09.45 | SPINNING |
| 09.45-10.15 | CORE | | | 16.00-17.00 | KiDSFiT 7-12 jr |
| 10.15-11.15 | PiLATES | 19.00-19.45 | CLUB YOGA | | |
| 17.00-19.00 | Hiphop wedstrijd | 19.45-20.15 | CORE | 19.00-20.00 | SPINNING |
| | | 20.15-21.00 | TOTAL WORKOUT | 20.15-21.00 | Kick & Fun 17+ |
| Woensdag | | Woensdag | | Woensdag | |
| Zaal boven | | Zaal beneden | | Spinning/Play/Fitness | |
| | | 07.30-08.00 | MEDITATIE | 09.00-09.30 | HiiT (Challenge) |
| 09.00-09.45 | STEPS | 09.00-10.00 | CLUB YOGA | | |
| 09.45-10.30 | SHAPE | 10.00.11.00 | CLUB YOGA | 17.00-18.00 | Kick & Fun 7-12 jr |
| | | 19.00-19.45 | SHAPE | 18.30-19.15 | Kick & Fun 17+ |
| 19.00-19.45 | CLUB POWER | 19.45-20.15 | CORE | 19.15-20.00 | Kick & Fun 17+ |
| | | 20.15-21.00 | ZUMBA | 19.00-20.00 | SPINNING |
| | | 21.00-22.00 | CLUB YOGA | 20.15-21.15 | SPINNING |
| Donderdag | | Donderdag | | Donderdag | |
| Zaal boven | | Zaal beneden | | Spinning/Play/Fitness | |
| 09.00-09.45 | SHAPE | 09.00-09.45 | VARiFiT 50+ | | |
| 09.45-10.15 | CORE | 12.30-13.00 | MEDITATIE | 16.00-17.00 | KiDSFiT 7-12 jr |
| 10.15-11.00 | CLUB POWER | 17.30-18.30 | Hiphop 10+11 jr | | |
| 19.00-19.45 | CLUB POWER | 18.30-19.30 | Hiphop 12+13 jr | 19.00-20.00 | SPINNING |
| 19.45-20.15 | CORE | 19.30-20.30 | Hiphop 14+ | 19.30-20.30 | HARDLOPEN |
| 20.15-21.15 | PiLATES | 20.30-21.30 | HATHA YOGA | 20.15-21.00 | HiiT (body) |
| Vrijdag | | Vrijdag | | Vrijdag | |
| Zaal boven | | Zaal beneden | | Spinning/Play/Fitness | |
| 09.00-09.45 | TOTAL WORKOUT | 07.30-08.00 | MEDITATIE | 09.00-09.45 | SPINNING |
| 09.45-10.15 | CORE | | | | |
| 10.15-11.15 | CLUB YOGA | | | 16.00-17.00 | HiiT/Fitness jeugd |
| | | 15.30-16.30 | Hiphop 7 jr | | |
| | | 16.30-17.30 | Hiphop 8 + 9 jr | | |
| 17.30-20.30 | Hiphop wedstrijd | | | 19.30-20.30 | SPINNING |
| Zaterdag | | Zaterdag | | Zaterdag | |
| Zaal boven | | Zaal beneden | | Spinning/Play/Fitness | |
| 09.00-09.45 | CLUB POWER | 09.15-10.15 | CiRCUiT MiX 50+ | 9.30-11.00 | Hardlopen/Start2Run |
| 09.45-10.15 | CORE | | | 09.30-10.30 | Kidsplaza Sportles |
| 10.15-10.45 | HiiT (Challenge) | 12.00-13.00 | Hiphop demoteam | | |
| 11.00-11.30 | CORE | | | 10.00-11.00 | SPINNING |
| Zondag | | Zondag | | Zondag | |
| Zaal boven | | Zaal beneden | | Spinning/Play/Fitness | |
| 09.45-10.15 | CORE | 09.00-10.00 | HATHA YOGA | 09.00-10.00 | SPINNING |
| 10.15-11.00 | STEPFIT | 10.30-11.30 | HATHA YOGA | | |

