

Lesrooster

FITNEZZplaza
beweging is medicijn!

Vanaf 6 juni 2021

| | | | | | |
|------------------|-------------------|------------------|---------------------|------------------|---------------------------|
| Maandag | Zaal boven | Maandag | Zaal beneden | Maandag | Spinning/playplaza |
| 09.00-09.50 | BODYFIT | 08.30-09.20 | STEPS | 10.15-11.15 | Peutergym 2/3 jr |
| 10.00-10.50 | CLUB POWER | 09.30-10.00 | CORE | | |
| | | | | 19.00-19.50 | HiiT Challenge |
| | | 17.30-18.30 | Diabetesgroep | 20.00-20.50 | HiiT Challenge |
| 19.00-19.50 | TOTAL WORKOUT | 18.45-19.15 | HiiT (body) | 20.30-21.20 | SPINNING |
| 20.00-20.50 | TOTAL WORKOUT | 19.30-20.20 | ZUMBA | | |
| Dinsdag | Zaal boven | Dinsdag | Zaal beneden | Dinsdag | Spinning/playplaza |
| 09.00-09.50 | VARiFiT 50+ | | | 08.30-09.20 | SPINNING |
| 10.00-10.50 | PiLATES | 17.00-18.00 | KIDSFIT 10-14jr | | |
| 17.00-19.00 | Hiphop wedstrijd | 18.30-19.20 | CLUB YOGA | 18.30-19.20 | SPINNING |
| 19.00-22.00 | Cursussen Salsa | 19.30-20.20 | CLUB YOGA | 19.30-20.20 | Brabantzorggroep |
| | | 20.30-21.20 | TOTAL WORKOUT | 20.30-21.20 | KICK & FUN |
| Woensdag | Zaal boven | Woensdag | Zaal beneden | Woensdag | Spinning/playplaza |
| | | 09.00-09.50 | CLUB YOGA | 09.30-10.30 | Peutergym 2/3 jr |
| 09.30-10.20 | TOTAL WORKOUT | 10.00-10.50 | CLUB YOGA | 17.00-18.00 | Kick & Fun 10 t/m 16 jr |
| | | | | 18.30-19.20 | KICK & FUN |
| | | 17.00-18.00 | Cursus Pilates | 19.30-20.20 | KICK & FUN |
| 19.00-19.50 | CLUB POWER | 19.00-19.50 | SHAPE | 18.30-19.20 | SPINNING |
| 20.00-21.00 | Afvalrace | 20.00-20.50 | ZUMBA | 19.30-20.20 | SPINNING |
| | | 21.00-21.50 | CLUB YOGA | 20.30-21.20 | SPINNING |
| Donderdag | Zaal boven | Donderdag | Zaal beneden | Donderdag | Spinning/playplaza |
| 09.00-09.50 | SHAPE | 09.30-10.20 | VARiFiT 50+ | | |
| 10.00-10.50 | CLUB POWER | | | 19.00-21.00 | Cursus Mountainbike |
| 19.00-19.50 | CLUB POWER | 17.30-18.30 | Hiphop 8 t/m 10 jr | 18.45-19.45 | Brabantzorg battle |
| 20.00-20.50 | PiLATES | 18.30-19.30 | Hiphop 11+12 jr | 20.00-20.50 | KICK & FUN |
| | | 19.30-20.30 | Hiphop 13+ | 19.00-21.30 | Cursussen Powerwalk |
| Vrijdag | Zaal boven | Vrijdag | Zaal Beneden | Vrijdag | Spinning/playplaza |
| 08.30-09.20 | TOTAL WORKOUT | 09.00-11.00 | Cursussen Pilates | 09.00-09.50 | SPINNING |
| 09.20-10.20 | TOTAL WORKOUT | 16.30-20.30 | Hiphop wedstrijd | | |
| 10.30-11.20 | CLUB YOGA | 17.30-18.30 | Hiphop 4 t/m 7 jr | 19.30-20.20 | SPINNING |
| Zaterdag | Zaal boven | Zaterdag | Zaal beneden | Zaterdag | Spinning/playplaza |
| 09.00-09.50 | CLUB POWER | 09.30-10.20 | VARiFiT 50+ | 08.30-09.20 | SPINNING |
| 10.00-10.30 | CORE | | | 09.30-10.30 | KIDSFIT 4-10jr |
| | | | | 10.30-11.30 | Peutergym 2/3 jr |
| 12.00-13.00 | Hiphop wedstrijd | | | 09.30-11.00 | Hardlopen/Start2Run |
| | | | | 09.30-10.20 | SPINNING |
| | | | | 10.30-11.20 | SPINNING |
| Zondag | Zaal boven | Zondag | Zaal beneden | Zondag | Spinning/playplaza |
| 09.30-10.20 | TOTAL WORKOUT | | | 09.00-09.50 | SPINNING |
| 10.30-11.20 | TOTAL WORKOUT | | | | |

