

	Sportzaal 1			Sportzaal 2		Sportzaal 3 (1e verdieping)	
Maandag	09:00-10:00 10:00-10:15 18:00-19:00 19:00-20:00 20:00-21:00 21:00-22:00	Kick 'n Punch Buiksessie Kick 'n Punch Body Pump® Body Shape Zumba®	18:30-19:00 19:00-20:00 20:00-21:00		CXWORX® Body Vive® RPM®/Spinning	09:15-10:15 10:15-11:15 19:00-20:00 20:00-21:00 21:00-22:00	Comby Fit Comby Fit Comby Fit Comby Fit Comby Fit
Dinsdag	09:15-10:15 10:15-11:15 19:00-20:00	Body Shape Body Pump® Body Step®	19:00-20:00 20:00-21:00		RPM®/Spinning Body Attack®	09:15-10:15 20:00-21:00	Comby Fit Dames Fitness
Woensdag	10:00-10:30 10:30-11:00 19:00-20:00 20:00-21:00	Body Pump® CXWORX® Body Shape Kick 'n Punch	09:00-10:00 19:00-20:00 20:00-21:00		RPM®/Spinning RPM®/Spinning Bootcamp	09:00-09:30 09:30-10:30 18:30-19:00 20:00-21:00 21:00-22:00	Hip 'n Thigh Comby Fit Buiksessie Comby Fit Comby Fit
Donderdag	09:15-10:15 10:15-11:15 18:30-19:00 19:00-20:00 20:00-21:00	Body Shape Body Vive® CXWORX® Body Shape Body Pump®	20:00-21:00		RPM®/Spinning	09:15-10:15 10:15-11:15 19:00-20:00	Comby Fit Comby Fit Comby Fit
Vrijdag	09:15-10:15 10:15-10:45	Comby Cocktail CXWORX®	09:00-10:00 18:10-19:00 19:00-19:50		RPM®/Spinning Dance Kids 7-9 jaar Dance Kids 10+ jaar	18:30-19:30 19:30-20:00 20:00-21:00	G-Fitness Buiksessie Comby Fit
Zaterdag						09:00-10:00 10:00-11:00	Comby Fit Comby Fit
Zondag	10:15-11:15 11:30-12:30	Body Shape Body Pump®	09:00-10:00		RPM®/Spinning		

Geldig vanaf maandag 17 oktober 2011