

Groepstrainingen

(small) group zaal boven

Vanaf 1 februari 2022



Medisports

health & happiness

| TIJD/DAG | MAANDAG | DINSDAG | WOENSDAG | DONDERDAG | VRIJDAG | ZATERDAG | ZONDAG |
|----------|------------------------------|------------------------------|----------|------------------------------|-----------------------------|------------------------------|---------|
| 09.00 | Power | Circuit | Power | Circuit | Circuit | Circuit | Circuit |
| 09.45 | Circuit | Burn | Circuit | Boxing | Power | Pump | |
| 10.00 | | | | | | | |
| 10.30 | Vitaal | | Vitaal | | | | |
| 10.45 | | | | | | Fysiofit Rug/Nek/Schouder | |
| 14.00 | | Fysiofit Rug/Nek/Schouder | | Fysiofit Rug/Nek/Schouder | | | |
| 15.00 | | | | | Fysiofit Heup/enkel/knie | | |
| 16.15 | | | | | Youngstarz* 8-11 | | |
| 17.00 | Fysiofit Heup/enkel/knie | | | | Youngstarz* | | |
| 18.30 | Power | Circuit | Circuit | Boxing | | | |
| 19.15 | Circuit | Boxing | Power | Circuit | | | |
| 20.00 | Power | Pump | Pump | Burn | | | |
| 20.45 | Fysiofit Rug/Nek/Schouder | Fysiofit Rug/Nek/Schouder | | Fysiofit Rug/Nek/Schouder | | | |

*M.u.v. de schoolvakanties

Body&Mind

Vanaf 1 februari 2022



Medisports

health & happiness

Body&Mind zaal

| TIJD/DAG | MAANDAG | DINSDAG | WOENSDAG | DONDERDAG | VRIJDAG | ZATERDAG | ZONDAG |
|----------|---------|---------|----------|-----------|---------|----------|---------|
| 09.00 | | Yoga | Yoga | Pilates | Yoga | Yin Yoga | |
| 10.00 | | | | | | | Pilates |
| 10.30 | | Pilates | Hotyoga | Hotyoga | Hotyoga | | |

| | | | | | | | |
|-------|--|--|-------------|--|--|--|--|
| 14.30 | | | Kinderyoga* | | | | |
|-------|--|--|-------------|--|--|--|--|

| | | | | | | | |
|-------|---------|---------|-------------------|----------|--|--|--|
| 18.30 | | | | Yin Yoga | | | |
| 19.30 | Pilates | Yoga | Zwangerschap yoga | Pilates | | | |
| 19.45 | | | | | | | |
| 20.30 | Hotyoga | Hotyoga | Hotyoga | Hotyoga | | | |

* m.u.v. de schoolvakanties