

Maandag		7-1	14-1	21-1	28-1
09:00		Bodybuik Interval	Bodybuik Interval	Bodybuik Interval	Bodybuik Interval
10:15		Yoga	Yoga	Yoga	Yoga
18:30		Spin Fit	Spin Fit	Spin Fit	Spin Fit
18:30		Bodybuik Interval	Bodybuik Interval	Bodybuik Interval	Bodybuik Interval
19:30		Yoga	Yoga	Yoga	Yoga
20:35		Dance fitness	Dance fitness	Dance fitness	Dance fitness
Dinsdag	1-1	8-1	15-1	22-1	29-1
09:00		Pilates	Pilates	Pilates	Pilates
09:00		Body & buik	Body & buik	Body & buik	Body & buik
10:15	nieujaarsdag gesloten	Drums Alive	Drums Alive	Drums Alive	Drums Alive
10:15		foamrol yoga	foamrol yoga	foamrol yoga	foamrol yoga
18:30		foamrol yoga	foamrol yoga	foamrol yoga	foamrol yoga
18:30		Body & buik	Body & buik	Body & buik	Body & buik
19:35		Body & Buik	Body & Buik	Body & Buik	Body & Buik
19:35		Spinning	Spinning	Spinning	Spinning
woensdag	2-1	9-1	16-1	23-1	30-1
09:00		Circuit	Circuit	Circuit	Circuit
09:00	Spin Fit	Spin Fit	Spin Fit	Spin Fit	Spin Fit
10:15	powertraining	Powertraining	Powertraining	Powertraining	Powertraining
10:15		Yoga	Yoga	Yoga	Yoga
18:30		Bodybuik Interval	Bodybuik Interval	Bodybuik Interval	Bodybuik Interval
18:30	pilates	Pilates	Pilates	Pilates	Pilates
19:35	powertraining	Step Party	Step & drums	Step Party	Step & drums
19:35		Powertraining	Powertraining	Powertraining	Powertraining
donderdag	3-1	10-1	17-1	24-1	31-1
09:00	Bodybuik Interval	Bodybuik Interval	Bodybuik Interval	Bodybuik Interval	Bodybuik Interval
10:05	Step & Drums	Step Party	Step & Drums	Step Party	Step & Drums
18:00	Circuit	Circuit	Circuit	Circuit	Circuit
19:05	Bodybuik Interval	Bodybuik Interval	Bodybuik Interval	Bodybuik Interval	Bodybuik Interval
20:10	Yoga	Yoga	Yoga	Yoga	Yoga
vrijdag	4-1	11-1	18-1	25-1	
09:00	Spin Fit	Spin Fit	Spin Fit	Spin Fit	
10:15	Bodybuik/Pilates	Bodybuik/Pilates	Bodybuik/Pilates	Bodybuik/Pilates	
18:30	Bodybuik/Pilates	Bodybuik/Pilates	Bodybuik/Pilates	Bodybuik/Pilates	
19:35	Spinning	Spinning	Spinning	Spinning	
zaterdag	5-1	12-1	19-1	26-1	
09:10	Spinning	Spinning	Spinning	Spinning	
10:15	Bodybuik Interval	Bodybuik Interval	Bodybuik Interval	Bodybuik Interval	
10:15	Pilates	Pilates	Pilates	Pilates	
11:20	Step	Step	Step	Step	
zondag	6-1	13-1	20-1	27-1	
10:00	Pilates	Pilates	Pilates	Pilates	
11.05	Dance fitness	Dance fitness	Dance fitness	Dance fitness	

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