

| <b>Maandag</b>   |                           | <b>4-2</b>              | <b>11-2</b>             | <b>18-2</b>               | <b>25-2</b>             |
|------------------|---------------------------|-------------------------|-------------------------|---------------------------|-------------------------|
| 09:00            |                           | Bodybuik Interval Anouk | Bodybuik Interval Anouk | Bodybuik Interval Anouk   | Bodybuik Interval Anouk |
| 10:15            |                           | Yoga Anouk              | Yoga Anouk              | Yoga Anouk                | Yoga Anouk              |
| 18:30            |                           | Spin Fit Sandra         | Spin Fit Sandra         | Spin Fit Sandra           | Spin Fit Sandra         |
| 18:30            |                           | Bodybuik Interval Anouk | Bodybuik Interval Anouk | Bodybuik Interval Anouk   | Bodybuik Interval Anouk |
| 19:30            |                           | Yoga Anouk              | Yoga Anouk              | Yoga Anouk                | Yoga Anouk              |
| 20:35            |                           | Dance fitness Anouk     | Dance fitness Anouk     | Dance fitness Anouk       | Dance fitness Anouk     |
| <b>Dinsdag</b>   |                           | <b>5-2</b>              | <b>12-2</b>             | <b>19-2</b>               | <b>26-2</b>             |
| 09:00            |                           | Pilates Anouk           | Pilates Anouk           | Pilates Anouk             | Pilates Anouk           |
| 09:00            |                           | Body & buik Sandra      | Body & buik Sandra      | Body & buik Sandra        | Body & buik Sandra      |
| 10:15            |                           | Drums Alive Sandra      | Drums Alive Sandra      | Drums Alive Sandra        | Drums Alive Sandra      |
| 10:15            |                           | foamrol yoga Anouk      | foamrol yoga Anouk      | foamrol yoga Anouk        | foamrol yoga Anouk      |
| 18:30            |                           | foamrol yoga Anouk      | foamrol yoga Anouk      | foamrol yoga Anouk        | foamrol yoga Anouk      |
| 18:30            |                           | Body & buik Sandra      | Body & buik Sandra      | Body & buik Sandra        | Body & buik Sandra      |
| 19:35            |                           | Body & Buik Birgit      | Body & Buik Birgit      | Body & Buik Birgit        | Body & Buik Birgit      |
| 19:35            |                           | Spinning Sandra         | Spinning Sandra         | Spinning Sandra           | Spinning Sandra         |
| <b>woensdag</b>  |                           | <b>6-2</b>              | <b>13-2</b>             | <b>20-2</b>               | <b>27-2</b>             |
| 09:00            |                           | Circuit Anouk           | Circuit Anouk           | Circuit Anouk             | Circuit Anouk           |
| 09:00            |                           | Spin Fit Sandra         | Spin Fit Sandra         | Spin Fit Sandra           | Spin Fit Sandra         |
| 10:15            |                           | Powertraining Sandra    | Powertraining Sandra    | Powertraining Sandra      | Powertraining Sandra    |
| 10:15            |                           | Yoga Anouk              | Yoga Anouk              | Yoga Anouk                | Yoga Anouk              |
| 18:30            |                           | Bodybuik Interval Anouk | Bodybuik Interval Anouk | Bodybuik Interval Suzanne | Bodybuik Interval Anouk |
| 18:30            |                           | Pilates Sandra          | Pilates Sandra          | Pilates Sandra            | Pilates Sandra          |
| 19:35            |                           | Step Party Anouk        | Step Party Anouk        | Step Party Suzanne        | Step & Drums Anouk      |
| 19:35            |                           | Powertraining Sandra    | Powertraining Sandra    | Powertraining Sandra      | Powertraining Sandra    |
| <b>donderdag</b> |                           | <b>7-2</b>              | <b>14-2</b>             | <b>21-2</b>               | <b>28-2</b>             |
| 09:00            |                           | Bodybuik Interval Anouk | Bodybuik Interval Anouk | Bodybuik Interval Anouk   | Bodybuik Interval Anouk |
| 10:05            |                           | Step Party Anouk        | Step Party Anouk        | Step Party Anouk          | Step & Drums Anouk      |
| 18:00            |                           | Circuit Anouk           | Circuit Anouk           | Circuit Anouk             | Circuit Anouk           |
| 19:05            |                           | Bodybuik Interval Anouk | Bodybuik Interval Anouk | Bodybuik Interval Anouk   | Bodybuik Interval Anouk |
| 20:10            |                           | Yoga Anouk              | Yoga Anouk              | Yoga Anouk                | Yoga Anouk              |
| <b>vrijdag</b>   | <b>1-2</b>                | <b>8-2</b>              | <b>15-2</b>             | <b>22-2</b>               |                         |
| 09:00            | Spin Fit Sandra           | Spin Fit Sandra         | Spin Fit Sandra         | Spin Fit Sandra           |                         |
| 10:15            | Bodybuik/Pilates Sandra   | Bodybuik/Pilates Sandra | Bodybuik/Pilates Sandra | Bodybuik/Pilates Sandra   |                         |
| 18:30            | Bodybuik/Pilates Sandra   | Bodybuik/Pilates Sandra | Bodybuik/Pilates Sandra | Bodybuik/Pilates Sandra   |                         |
| 19:35            | Spinning Sandra           | Spinning Sandra         | Spinning Sandra         | Spinning Sandra           |                         |
| <b>zaterdag</b>  | <b>2-2</b>                | <b>9-2</b>              | <b>16-2</b>             | <b>23-2</b>               |                         |
| 09:10            | Spinning Sandra           | Spinning Ang K          | Spinning Sandra         | Spinning Sandra           |                         |
| 10:15            | Bodybuik Interval Suzanne | Bodybuik Interval Anouk | Bodybuik Interval Anouk | Bodybuik Interval Anouk   |                         |
| 10:15            | Pilates Sandra            | Pilates Ang K           | Pilates Sandra          | Pilates Sandra            |                         |
| 11:20            | Step Suzanne              | Step Anouk              | Step Anouk              | Step Anouk                |                         |
| <b>zondag</b>    | <b>3-2</b>                | <b>10-2</b>             | <b>17-2</b>             | <b>24-2</b>               |                         |
| 10:00            | Pilates Anouk             | Pilates Ang W           | Pilates Anouk           | Pilates Anouk             |                         |
| 11.05            | Dance fitness Anouk       | Dance fitness Ang W     | Dance fitness Anouk     | Dance fitness Anouk       |                         |

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