

**MAANDAG**09:00 **CROSS POWER**09:00 **SPINNING**19:00 **CROSS POWER**19:00 **PILATES**19:45 **BUIKSPIERKWARTIER**20:00 **BODYPUMP**20:00 **SPINNING****DINSDAG**09:00 **XCORE**10:00 **SENIOREN-FIT**19:00 **FITPOWER**20:00 **CROSS POWER**20:00 **ZUMBA****WOENSDAG**09:00 **BODYPUMP**10:30 **SWITCH-CIRCUIT**17:00 **CROSS JUNIOR**19:00 **BODYPUMP**20:00 **HIT**20:00 **SPINNING**20:30 **BUIKSPIERKWARTIER****DONDERDAG**08:30 **FUNCTIONAL FIT**10:00 **SENIOREN-FIT**18:30 **BUIKSPIERKWARTIER**19:00 **XCORE**20:00 **ZUMBA****VRIJDAG**09:00 **SPIN & FIT**19:00 **CROSS POWER****ZATERDAG**09:00 **SPINNING**10:00 **BODYPUMP**