



# GROEPSLESROOSTER / Céramique

Reserveer uw plek nu in de Il Fiore app of aan de balie.  
Dit rooster kan afwijken op feestdagen en in vakanties.

Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
09.00 - 09.30 Les Mills Core	09.00 - 10.00 Les Mills Tone	07.00 - 08.00 Flow Yoga	09.30 - 10.30 Live Spinning	08.00 - 09.00 Live Spinning	08.50 - 09.35 Dance Workout	09.30 - 10.30 Live Spinning
09.35 - 10.35 Les Mills BodyBalance	10.00 - 11.00 Live Spinning	09.30 - 10.00 Strong 30	10.30 - 11.00 Les Mills Core	09.00 - 09.45 Zumba	09.45 - 10.45 Live Spinning	10.30 - 11.30 Les Mills BodyPump
10.40 - 11.40 BodyMIX	10.30 - 11.00 Synergy Functional	10.00 - 11.00 Zumba	11.00 - 11.30 Les Mills GRIT	09.45 - 10.30 Les Mills Tone	10.45 - 11.15 Les Mills Core	11.30 - 12.00 Les Mills GRIT
11.45 - 12.15 Live Spinning		11.00 - 12.00 Vitaal Gym	11.45 - 12.45 Les Mills BodyBalance	10.40 - 11.40 Les Mills BodyPump	11.15 - 12.15 Les Mills BodyAttack	
16.00 - 17.15 Yin Yoga	17.30 - 18.30 Les Mills BodyPump	17.45 - 18.45 Les Mills BodyAttack	18.30 - 19.30 Les Mills BodyPump			
17.20 - 18.20 Les Mills BodyAttack	18.30 - 19.00 Flexibility	19.15 - 20.15 Les Mills BodyCombat	19.15 - 19.50 Synergy Functional			
17.30 - 18.00 Synergy Functional	19.00 - 19.45 Dance Workout	20.30 - 21.30 Les Mills BodyBalance	19.45 - 21.00 Yin Yoga			
18.30 - 19.00 Synergy Functional	19.45 - 20.45 Live Spinning					
18.30 - 19.30 Les Mills BodyPump						
19.30 - 20.30 Les Mills BodyCombat						
20.30 - 21.30 Les Mills BodyBalance						