



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 Les Mills Dance	09.30 - 10.30 Live Spinning
09.35 - 10.35 Les Mills BodyBalance	10.00 - 11.00 Live Spinning	09.30 - 10.00 Les Mills Tone	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
		11.00 - 12.00 Vitaal Yoga	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	18.00 - 19.00 Live Spinning	17.30 - 18.30 Les Mills BodyAttack			
17.20 - 18.20 Les Mills BodyAttack	18.30 - 19.00 Flexibility	19.15 - 20.15 Les Mills BodyCombat	18.30 - 19.30 Les Mills BodyPump			
17.30 - 18.00 Synergy Functional	19.00 - 19.45 Les Mills Dance	20.30 - 21.30 Les Mills BodyBalance	18.30 - 19.10 Synergy Functional			
18.30 - 19.00 Synergy Functional	19.45 - 20.45 Live Spinning		19.45 - 21.00 Yin Yoga			
18.30 - 19.30 Les Mills BodyPump						
19.30 - 20.30 Les Mills BodyCombat						
20.30 - 21.30 Les Mills BodyBalance						