



GROEPSLESROOSTER / Herten

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 - 10:00 Les Mills BodyPump	07:00 - 07:30 Les Mills Grit Strength	08:30 - 09:00 Les Mills Grit Athletic	09:00 - 10:00 Les Mills BodyPump	07:00 - 07:30 Les Mills Grit Strength	09:30 - 10:30 Live Spinning	09:30 - 10:30 Live Spinning
09:00 - 10:00 Live Spinning	09:00 - 09:30 Les Mills Core	09:00 - 10:00 Live Spinning	10:00 - 11:00 Les mills BodyBalance	08:45 - 09:15 Les Mills Grit Athletic	09:30 - 10:00 Les mills Grit Strength	09:30 - 10:15 Les Mills Tone of Core*
10:00 - 10:45 Les Mills Tone	09:30 - 10:30 Les Mills BodyBalance	09:00 - 09:45 Les Mills Tone		09:00 - 10:00 Live Spinning	11:00 - 12:00 Virtual Body Combat	10:30 - 11:30 Les Mills BodyAttack
11:00 - 12:15 Yoga		10:00 - 11:00 Les Mills BodyPump		09:15 - 10:00 Les Mills Dance		11:30 - 12:30 Les Mills BodyPump
				10:00 - 11:00 Les Mills BodyBalance		
18:30 - 19:00 Les Mills Grit Strength	18:30 - 19:00 Les Mills Grit Strength	18:30 - 19:15 Les Mills Core	18:20 - 18:50 Les Mills Grit Athletic	18:30 - 19:15 Les Mills Strength Dev.		
19:00 - 19:30 Les Mills Grit Cardio	19:00- 20:00 Combat	19:15 - 20:00 Les Mills BodyJam	18:50 - 19:20 Les Mills Grit Strength	19:30 - 20:30 Live Spinning		
19:30 - 20:30 Live Spinning	20:00 - 21:00 Les Mills BodyBalance	19:30 - 20:30 Live Spinning	19:30 - 20:30 Les Mills BodyAttack	19:30 - 20:30 Les Mills BodyPump		
19:30 - 20:30 Les Mills BodyAttack		20:00 - 21:00 Les Mills BodyPump	20:30 - 21:30 Les Mills BodyBalance			
20:30 - 21:30 Les Mills BodyPump						

* Deze les wisselt af per week