



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 Less Mills core | 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 - 11:10 Synergy Functional | 10:00 - 10:50 Zumba | 11:15 - 12:15 Les Mills BodyBalance | 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 Gym | | 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 - 18:15 Syergy Functional | 19:00 - 19:45 Less Mills Dance | 20:30 - 21:30 Les Mills BodyBalance | 18:30 - 19:10 Synergy Functional | | | |
| 18:00 - 19:30 BodyPump | 19:45 - 20:45 Live Spinning | | 20:00 - 21:15 Yin Yoga | | | |
| 18:30 - 19:15 Syergy Functional | | | | | | |
| 19:30 - 20:30 Les Mills BodyCombat | | | | | | |
| 20:30 - 21:30 BodyBalance | | | | | | |



GROEPSLESROOSTER | Herten

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| Maandag | Dinsdag | Woensdag | Donderdag | Vrijdag | Zaterdag | Zondag |
|--|--|--|--|--|--|--|
| 09:00 - 10:00 Les Mills BodyPump | 07:00 - 07:30 Les Mills Grit Strength | 08:20 - 08:50 Les Mills Grit Athletic | 09:00 - 10:00 Les Mills BodyPump | 07:00 - 07:30 Les Mills Grit Strength | 08:00 - 09:30 Ashtanga Yoga | 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 - 10:30 Live Spinning | 09:30 - 10:15 Les Mills Tone of Core* |
| 10:00 - 10:45 Les Mills Tone | 09:30 - 10:30 Les Mills BodyBalance | 09:15 - 10:00 Les Mills Tone | | 09:00 - 10:00 Live Spinning | 09:30 - 10:00 Les Mills Grit Strength | 10:30 - 11:30 Les Mills BodyAttack |
| 11:00 - 12:15 Yoga | 10:30 - 11:30 Les Mills BodyAttack | 10:15 - 11:15 Les Mills BodyPump | | 09:15 - 10:00 Les Mills Dance | 10:15 - 11:15 Virtual Body Combat | 11:30 - 12:30 Les Mills BodyPump |
| | | 11:30 - 12:30 Yin Yoga | | 10:00 - 11:00 Les Mills BodyBalance | | |
| 18:30 - 19:00 Les Mills Grit Strength | 18:30 - 19:00 Les Mills Grit Strength | 18:00 - 18:30 Les Mills Grit Cardio | 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 | 18:30 - 19:15 Les Mills Core | 18:55 - 19:25 Les Mills Grit Strength | 19:30 - 20:30 Les Mills BodyPump | | |
| 19:30 - 20:30 Live Spinning | 20:00 - 21:00 Les Mills BodyBalance | 19:15 - 20:00 Les Mills BodyJam | 19:30 - 20:30 Les Mills BodyAttack | | | |
| 19:30 - 20:30 Les Mills BodyAttack | | 19:30 - 20:30 Live Spinning | 20:30 - 21:30 Les Mills BodyBalance | | | |
| 20:30 - 21:30 Les Mills BodyPump | | 20:00 - 21:00 Les Mills BodyPump | | | | |

* Deze les wisselt af per week



GROEPSLESROOSTER / Roermond

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| Maandag | Dinsdag | Woensdag | Donderdag | Vrijdag | Zaterdag | Zondag |
|--------------------------------|------------------------------|--------------------------------------|------------------------------|-----------------------------------|----------|-------------------------------------|
| | | | | | | 11:30 - 12:30 Heavy Bag Training |
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| 20:15 - 21:15 Shadow Boxing | 19:00 - 20:00 Cross Power | 16:00 - 17:00 Kids Fun and Boxing | 19:00 - 20:00 Cross Power | 16:00 - 17:00 Kids Cross Power | | |
| | 20:00 - 21:00 Cross Power | 19:00 - 20:00 Cross Power | 20:00 - 21:00 Cross Power | 19:00 - 20:00 Cross Power | | |
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