



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						



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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 Yoga	09:30 - 10:15 Les Mills Tone of Core*
10:00 - 10:45 Les Mills Tone	08:45 - 09:30 Les Mills Core	09:15 - 10:00 Les Mills Tone	10:00 - 11:00 Les mills BodyBalance	08:45 - 09:15 Les Mills Grit Athletic	09:30 - 10:00 Les mills Grit Strength	10:30 - 11:30 Les Mills BodyAttack
11:00 - 12:15 Yoga	09:30 - 10:30 Les Mills BodyBalance	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
	10:30 - 11:30 Les Mills BodyAttack	11:15 - 12:15 Yin Yoga		10:15 - 11:15 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 Les Mills BodyAttack	20:00 - 21:00 Les Mills BodyBalance	19:15 - 20:00 Les Mills BodyJam	19:30 - 20:30 Les Mills BodyAttack			
20:30 - 21:30 Les Mills BodyPump		20:00 - 21:00 Les Mills BodyPump	20:30 - 21:30 Les Mills BodyBalance			

* Deze les wisselt af per week



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Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
						11:30 - 12:30 Heavy Bag Training
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		