



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 - 07:40 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	08:00 - 09:30 Ashtanga Yoga	09:30 - 10:15 Les Mills 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	09:35 - 10:05 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	11:15 - 12:15 Yin Yoga	09:15 - 10:00 Les Mills Dance	10:15 - 11:15 Body Combat	11:30 - 12:30 Les Mills BodyPump
				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		20:30 - 21:00 Les Mills BodyPump	20:30 - 21:30 Les Mills BodyBalance			