



# GROEPSLESROOSTER / Céramique

Reserver uw plek nu in de il fiore app of aan de balie.  
Dit rooster kan afwijken op feestdagen en in vakanties.

Deze les wordt 1x per 4 weken gegeven\*

| Maandag                                         | Dinsdag                                          | Woensdag                                      | Donderdag                                       | Vrijdag                                          | Zaterdag                                    | Zondag                                     |
|-------------------------------------------------|--------------------------------------------------|-----------------------------------------------|-------------------------------------------------|--------------------------------------------------|---------------------------------------------|--------------------------------------------|
| <b>09:00 - 09:30</b><br>Les Mills Core          | <b>09:00 - 10:00</b><br>Les Mills Tone           | <b>07:00 - 08:00</b><br>Flow Yoga             | <b>09:30 - 10:30</b><br>Live Spinning           | <b>08:00 - 09:00</b><br>Live Spinning            | <b>08:45 - 09:30</b><br>Les Mills Dance     | <b>08:45 - 09:15</b><br>Yoga*              |
| <b>09:35 - 10:35</b><br>Les Mills BodyBalance   | <b>10:00 - 11:00</b><br>Live Spinning            | <b>09:30 - 10:00</b><br>Les Mills Core        | <b>10:30 - 11:00</b><br>Les Mills Core          | <b>09:00 - 09:45</b><br>Zumba                    | <b>09:30 - 10:00</b><br>Les Mills Core      | <b>09:30 - 10:30</b><br>Live Spinning      |
| <b>10:40 - 11:40</b><br>BodyMix                 | <b>10:00 - 10:45</b><br>Synergy (2e verdieping)  | <b>10:00 - 10:50</b><br>Zumba                 | <b>11:15 - 12:15</b><br>Les Mills BodyBalance   | <b>09:45 - 10:30</b><br>Les Mills BodyPump Heavy | <b>10:00 - 11:00</b><br>Hyrox - Small Group | <b>10:00 - 11:00</b><br>Les Mills BodyPump |
|                                                 |                                                  | <b>11:00 - 12:00</b><br>Vitaal GYM            |                                                 | <b>10:45 - 11:45</b><br>Les Mills BodyPump       | <b>10:15 - 11:15</b><br>Live Spinning       |                                            |
|                                                 |                                                  |                                               |                                                 |                                                  |                                             |                                            |
| <b>16:00 - 17:15</b><br>Yin Yoga                | <b>17:30 - 18:30</b><br>Les Mills BodyPump       | <b>18:00 - 19:00</b><br>Live Spinning         | <b>17:30 - 18:30</b><br>Les Mills BodyAttack    | <b>17:30 - 19:00</b><br>Ashtanga Yoga            |                                             |                                            |
| <b>17:20 - 18:20</b><br>Les Mills BodyAttack    | <b>18:30 - 19:15</b><br>Les Mills Dance          | <b>19:15 - 20:15</b><br>Les Mills BodyCombat  | <b>17:30 - 18:20</b><br>Synergy (2e verdieping) |                                                  |                                             |                                            |
| <b>17:30 - 18:15</b><br>Synergy (2e verdieping) | <b>19:15 - 20:15</b><br>Live Spinning            | <b>20:30 - 21:30</b><br>Les Mills BodyBalance | <b>18:30 - 19:30</b><br>Les Mills BodyPump      |                                                  |                                             |                                            |
| <b>18:30 - 19:15</b><br>Synergy (2e verdieping) |                                                  |                                               | <b>20:00 - 21:15</b><br>Yin Yoga                |                                                  |                                             |                                            |
| <b>18:30 - 19:30</b><br>Les Mills BodyPump      | <b>Vanaf 20 oktober</b>                          |                                               |                                                 |                                                  |                                             |                                            |
| <b>19:30 - 20:30</b><br>Les Mills BodyCombat    | <b>19:15 - 20:15</b><br>Les Mills BodyPump Heavy |                                               |                                                 |                                                  |                                             |                                            |
| <b>20:30 - 21:30</b><br>Les Mills BodyBalance   | <b>20:15 - 21:15</b><br>Live Spinning            |                                               |                                                 |                                                  |                                             |                                            |



# GROEPSLESROOSTER / Herten

Reserver uw plek nu in de il fiore app of aan de balie.  
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| Maandag                                         | Dinsdag                                         | Woensdag                                        | Donderdag                                       | Vrijdag                                         | Zaterdag                                        | Zondag                                       |
|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|----------------------------------------------|
| <b>09:00 - 10:00</b><br>Les Mills BodyPump      | <b>07:00 - 07:40</b><br>Les Mills GRIT Strength | <b>08:20 - 08:50</b><br>Les Mills GRIT Athletic | <b>09:00 - 10:00</b><br>Les Mills BodyPump      | <b>07:00 - 07:30</b><br>Les Mills GRIT Strength | <b>08:00 - 09:30</b><br>Ashtanga Yoga           | <b>09:30 - 10:15</b><br>Les Mills Core       |
| <b>10:00 - 10:45</b><br>Les Mills Tone          | <b>08:45 - 09:30</b><br>Les Mills Core          | <b>09:15 - 10:00</b><br>Les Mills Tone          | <b>10:00 - 11:00</b><br>Les Mills BodyBalance   | <b>08:45 - 09:15</b><br>Les Mills GRIT Athletic | <b>09:35 - 10:05</b><br>Les Mills GRIT Strength | <b>10:30 - 11:30</b><br>Les Mills BodyAttack |
| <b>11:00 - 12:15</b><br>Yoga                    | <b>09:30 - 10:30</b><br>Les Mills BodyBalance   | <b>10:15 - 11:15</b><br>Les Mills BodyPump      | <b>11:15 - 12:15</b><br>Yin Yoga                | <b>09:15 - 10:00</b><br>Les Mills Dance         | <b>10:15 - 11:15</b><br>Body Combat             | <b>11:30 - 12:30</b><br>Les Mills BodyPump   |
|                                                 |                                                 |                                                 |                                                 | <b>10:15 - 11:15</b><br>Les Mills BodyBalance   |                                                 |                                              |
|                                                 |                                                 |                                                 |                                                 |                                                 |                                                 |                                              |
| <b>18:30 - 19:00</b><br>Les Mills GRIT Strength | <b>18:30 - 19:00</b><br>Les Mills GRIT Strength | <b>18:00 - 18:30</b><br>Les Mills GRIT Cardio   | <b>18:20 - 18:50</b><br>Les Mills GRIT Athletic | <b>18:30 - 19:15</b><br>Les Mills Strength Dev. |                                                 |                                              |
| <b>19:00 - 19:30</b><br>Les Mills GRIT Cardio   | <b>19:00 - 20:00</b><br>Combat                  | <b>18:30 - 19:15</b><br>Les Mills Core          | <b>18:55 - 19:25</b><br>Les Mills GRIT Strength | <b>19:30 - 20:30</b><br>Les Mills BodyPump      |                                                 |                                              |
| <b>19:30 - 20:30</b><br>Les Mills BodyAttack    | <b>20:00 - 21:00</b><br>Les Mills BodyBalance   | <b>19:15 - 20:00</b><br>Les Mills BodyJam       | <b>19:30 - 20:30</b><br>Les Mills BodyAttack    |                                                 |                                                 |                                              |
| <b>20:30 - 21:30</b><br>Les Mills BodyPump      |                                                 | <b>20:30 - 21:00</b><br>Les Mills BodyPump      | <b>20:30 - 21:30</b><br>Les Mills BodyBalance   |                                                 |                                                 |                                              |
|                                                 |                                                 |                                                 |                                                 |                                                 |                                                 |                                              |
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# GROEPSLESROOSTER / Roermond

Reserver uw plek nu in de il fiore app of aan de balie.  
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| Maandag                               | Dinsdag                             | Woensdag                                    | Donderdag                           | Vrijdag                                  | Zaterdag | Zondag                                     |
|---------------------------------------|-------------------------------------|---------------------------------------------|-------------------------------------|------------------------------------------|----------|--------------------------------------------|
|                                       |                                     |                                             |                                     |                                          |          | <b>09:45 - 11:00</b><br>Heavy Bag Training |
|                                       |                                     |                                             |                                     |                                          |          |                                            |
|                                       |                                     |                                             |                                     |                                          |          |                                            |
|                                       |                                     |                                             |                                     |                                          |          |                                            |
|                                       |                                     |                                             |                                     |                                          |          |                                            |
| <b>20:15 - 21:15</b><br>Shadow Boxing | <b>19:00 - 20:00</b><br>Cross Power | <b>16:00 - 17:00</b><br>Kids Fun and Boxing | <b>19:00 - 20:00</b><br>Cross Power | <b>16:00 - 17:00</b><br>Kids Cross Power |          |                                            |
|                                       | <b>20:00 - 21:00</b><br>Cross Power | <b>19:00 - 20:00</b><br>Cross Power         | <b>20:00 - 21:00</b><br>Cross Power | <b>19:00 - 20:00</b><br>Cross Power      |          |                                            |
|                                       |                                     |                                             |                                     |                                          |          |                                            |
|                                       |                                     |                                             |                                     |                                          |          |                                            |
|                                       |                                     |                                             |                                     |                                          |          |                                            |
|                                       |                                     |                                             |                                     |                                          |          |                                            |
|                                       |                                     |                                             |                                     |                                          |          |                                            |