



GROEPSLESROOSTER / Herten

Reserver 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	08:20 - 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 - 10:15 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			