GROEPSLESROOSTER | Céramique

Reserveer 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	Woendag	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	**08:45 - 09:30** Les Mills Dance	**08:45 - 09:15** Yoga*
09:35 - 10:35 Les Mills BodyBalance	**10:00 - 11:00** Live Spinning	**09:30 - 10:00** Les Mills Core	**10:30 - 11:00** Les Mills Core	**09:00 - 09:45** Zumba	**09:30 - 10:00** Les Mills Core	**09:30 - 10:30** Live Spinning
10:40 - 11:40 BodyMix	**10:00 - 10:45** Synergy (2e verdieping)	**10:00 - 10:50** Zumba	**11:15 - 12:15** Les Mills BodyBalance	**09:45 - 10:30** Les Mills BodyPump Heavy	**10:00 - 11:00** Hyrox - Small Group	**10:00 - 11:00** Les Mills BodyPump
		11:00 - 12:00 Vitaal GYM		**10:45 - 11:45** Les Mills BodyPump	**10:15 - 11:15** Live Spinning	
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	**17:30 - 19:00** Ashtanga Yoga		
17:20 - 18:20 Les Mills BodyAttack	**18:30 - 19:15** Les Mills Dance	**19:15 - 20:15** Les Mills BodyCombat	**17:30 - 18:20** Synergy (2e verdieping)			
17:30 - 18:15 Synergy (2e verdieping)	**19:15 - 20:15** Live Spinning	**20:30 - 21:30** Les Mills BodyBalance	**18:30 - 19:30** Les Mills BodyPump			
18:30 - 19:15 Synergy (2e verdieping)			**20:00 - 21:15** Yin Yoga			
18:30 - 19:30 Les Mills BodyPump	**Vanaf 20 oktober**					
19:30 - 20:30 Les Mills BodyCombat	**19:15 - 20:15** Les Mills BodyPump Heavy					
20:30 - 21:30 Les Mills BodyBalance	**20:15 - 21:15** Live Spinning					

GROEPSLESROOSTER | Herten

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Maandag	Dinsdag	Woendag	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			

GROEPSLESROOSTER | Roermond

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Maandag	Dinsdag	Woendag	Donderdag	Vrijdag	Zaterdag	Zondag
						09:45 - 11:00 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		