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	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	**18:30 - 19:30** Bodypower	**18:30 - 19:15** Les Mills Strength Dev.		
19:00 - 19:30 Les Mills GRIT Atheltic	**19:00 - 20:00** Combat	**18:30 - 19:15** Les Mills Core	**19:30 - 20:30** Les Mills BodyAttack	**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	**20:30 - 21:30** Les Mills BodyBalance			
20:30 - 21:30 Les Mills BodyPump		**20:30 - 21:00** Les Mills BodyPump				