

# LESROOSTER SPORT-NATURAL



"Your Journey, Our Goal"

Dag	Tijd	Les	Instructeur	Zaal
<b>Maandag</b>	09:00-09:30	Move-it	Aron	FunXtion
	09:30-10:00	Absolutely Core	Aron	funXtion
	10:00-10:30	Insane HIIT	Aron	Funxtion
	18:30-19:00	Move-it	Kevin	FunXtion
	19:00-19:30	Absolutely Core	Kevin	FunXtion
	19:00-20:00	Critical Alignment	Jitka	Grote zaal
	19:45-20:45	Spartan	Kevin	FunXtion
20:00-20:45	Cycle & Sprint	Debbie	Grote zaal	
20:45-21:15	BadAss	Debbie	Grote zaal	
<b>Dinsdag</b>	09:00- 10:00	Rumble	Randy	FunXtion
	09:00- 10:00	Critical Alignment	Jitka	Grote zaal
	10:00- 10.30	Absolutely Core	Randy	Grote zaal
	18:30-19:00	Move-it	Barry	FunXtion
	19:00-19:30	Absolutely Core	Barry	FunXtion
	18:30-19:30	Yoga	Anja	Grote zaal
	19.30- 20.30	Cycle & Beats	Floor	Grote zaal
20:30-21:30	Kick & Punch	Serrano	Grote zaal	
<b>Woensdag</b>	09:00-09:30	Move-it	Kevin	FunXtion
	09:30-10:00	Absolutely Core	Kevin	FunXtion
	18:30-19:30	*Bootcamp	Randy	Outdoor
	19:00- 20:00	Critical Alignment	Iris R.	Grote zaal
	19:30-20:00	Insane HIIT	Randy	FunXtion
	20:00- 21:00	Shake the rhythm	Ruscha	Grote zaal
	20:15-21:15	Rumble	Randy	FunXtion
21:15-21:45	Absolutely Core	Randy	FunXtion	
<b>Donderdag</b>	09:00- 09:30	Move-it	Randy	FunXtion
	09:30-10:30	Power Hour	Randy	FunXtion
	18:30-19:00	Move-It	Annaliisa	FunXtion
	19:00-19:30	Absolutely Core	Annaliisa	FunXtion
	18:30- 19:30	Retro & Cycle	Wilma	Grote zaal
	19:30-20:30	Spartan	Kevin	FunXtion
	20:00-21:00	Critical Alignment	Iris Reyes	Grote zaal
20:30-21:15	BadAss	Annaliisa	FunXtion	
<b>Vrijdag</b>	09:00- 09:30	Move-it	Kevin	FunXtion
	09:00-10:00	Cycle & Beats	Floor	Grote zaal
	09:30- 10:00	Absolutely Core	Kevin	FunXtion
	10:00- 11:00	Shake the rhythm	Ruscha	Grote zaal
	18:30- 19:30	Power Hour	Annaliisa	FunXtion
	19:00-20:00	Hatha Yoga	Monique	Grote zaal
	20:00-21:00	Rumble	Mitchell	FunXtion
20:00-20:45	Cycle & Sprint	Annaliisa	Grote zaal	
20:45-21:15	BadAss	Annaliisa	Grote zaal	
<b>Zaterdag</b>	09:00-09:30	Insane HIIT	Randy	Grote zaal
	09:30-10:30	*Bootcamp	Randy	Outdoor
	09:30-10:30	Hatha Yoga	Iris	Grote zaal
	10:30-11:30	Rumble	Randy	FunXtion
	10:30- 11:30	Cycle & Beats	Floor	Grote zaal
<b>Zondag</b>	09:00-09:30	Move-It	Kevin	FunXtion
	09:30-10:00	Absolutely Core	Kevin	FunXtion
	09:30-10:30	Critical Alignment	Sara	Grote zaal
	10:00-11:00	Kick & Punch	Serrano	FunXtion
	10:30-11:30	Cycle & Beats	Ellen	Grote zaal

\* Bootcamp valt buiten het reguliere abonnement. Vraag naar de mogelijkheden bij de receptie!

WHAT'S YOUR  
JOURNEY  
TO SUCCESS