

LESROOSTER SPORT-NATURAL

Dag	Tijd	Les	Instructeur	Zaal
Maandag	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
20:15-21:00	Cycle & Sprint	Debbie	Grote zaal	
21:00-21:30	BadAss	Debbie	Grote zaal	
Dinsdag	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	Stefanos	FunXtion
	18:30-19:30	Critical Alignment	Jitka	Grote zaal
	19:00-19:30	Absolutely Core	Stefanos	Funxtion zaal
	19:45-20:45	Cycle & Beats	Floor	Grote zaal
20:45-21:45	Kick & Punch	Serrano	Grote zaal	
Woensdag	09:00-09:30	Move-it	Kevin	FunXtion
	09:30-10:00	Core	Kevin	FunXtion
	09:00-10:00	Liit!	Bodien	Grote zaal
	10:00-11:00	Badass Xtreme	Bodien	Grote zaal
	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	
Donderdag	09:00-09:30	Move-it	Randy	FunXtion
	09:30-10:30	Power Hour	Randy	FunXtion
	18:30-19:00	Move-It	Stefanos	FunXtion
	19:00-19:30	Absolutely Core	Stefanos	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	
Vrijdag	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	Mitchell	FunXtion
	19:00-20:00	Hatha Yoga	Monique	Grote zaal
	20:00-21:00	Rumble	Mitchell	FunXtion
21:00-21:30	BadAss	Mitchell	Grote zaal	
Zaterdag	08:45-09:15	Insane HIIT	Randy	FunXtion
	09:30-10:30	*Bootcamp	Randy	Outdoor
	09:15-10:15	Hatha Yoga	Iris	Grote zaal
	10:30-11:30	Rumble	Randy	FunXtion
	10:30-11:30	Cycle & Beats	Floor	Grote zaal
Zondag	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!