

maandag	zaal	donderdag	zaal
9.00 Aquavaria ***	5	9.15 Be Fit and Be Strong	1
9.15 Pilates & Body Mix	1	9.30 Full Body workout Synrgy **	4
9.30 Strenght workout Synrgy **	4	10.30 Yin Yang Yoga ****	3
10.30 Hatha Yoga ****	3	19.15 Xcore ***	1
19.00 Pilates	3	19.30 Aquajoggen ***	5
19.15 Xcore ***	1	19.30 Spinning	2
20.00 Strenght workout Synrgy **	4	20.15 Easy Vinyasa Flow Yoga ****	3
20.05 Cardio Zumba Dance Mix	1		
20.15 Hatha Yoga ****	4	vrijdag	zaal
		9.15 Be Fit and Be Strong	1
dinsdag	zaal	10.30 Core activation Synrgy **	4
9.15 Be Fit and Be Strong	1		
9.30 Full Body workout Synrgy **	4	zaterdag	zaal
19.00 Be Fit and Be Strong	1	9.15 Xcore ***	1
19.30 Spinning	2	9.30 Full Body workout Synrgy **	4
19.30 Aquafitness ***	5	10.05 Zumba Gold	1
19.30 Full Body workout Synrgy **	4		
		woensdag	zaal
9.00 Outdoor training		9.00 Outdoor training	
9.00 Aquavaria ***	5	9.00 Aquavaria ***	5
10.15 Full Body workout Synrgy **	4	10.15 Full Body workout Synrgy **	4
19.00 Club Power	1	19.00 Club Power	1
19.00 Strenght workout Synrgy **	4	19.00 Strenght workout Synrgy **	4
19.30 Bootcamp (outdoor)		19.30 Bootcamp (outdoor)	

zaal 1 = aerobics zaal 2 = spinning zaal 3 = yoga
 zaal 4 = fitness zaal 5 = zwembad
 ** 30 min. *** 45 min. **** 75 min.

