

AEROBICS ZAAL

SPINNING

FITCONTROL ZAAL

OVERIG

MAANDAG

BOEI* 16.15 – 17.00
Club Power 18.30 – 19.30
Club Core 19.30 – 20.00
XCORE 20.00 – 20.45

19.00 - 19.45
20.00 – 20.45

FysioFit* 09.00 – 10.00
Fitcontrol 10.30 – 11.30
Fitcontrol 19.00 – 20.00

Bootcamp 20.00 – 21.00

DINSDAG

Club Power 09.00 – 10.00
Zumba 18.30 – 19.30
Strong by Zumba 19.35 – 20.35
Powerboxing 20.35 – 21.35

10.00 – 10.45
19.00 – 19.45

FysioFit* 09.00 – 10.00
FysioFit* 10.00 – 11.00
COPD* 14.00 – 15.00
Diabetici* 17.00 – 18.00

Basix 09.00 – 9.45
Running 19.00 – 20.00

WOENSDAG

Hatha Yoga 09.00 – 10.00
Yoga Gold 10.00 – 11.00
Boei Traject* 15.30 – 16.30
Club Core 18.45 – 19.15
Pilates 19.15 – 20.15
Club Yoga 20.15 – 21.15

18.30 – 19.15

FysioFit* 11.00 – 12.00
Zwangerfit* 18.30 – 19.30
Fitcontrol 19.30 – 20.30

TRX 20.15 – 20.45

DONDERDAG

Club Core 09.30 – 10.00
Freestyle Step 19.30 – 20.30

19.00 – 19.45

Fitcontrol 08.00 – 09.00
FysioFit* 09.00 – 10.00
COPD* 10.00 – 11.00
COPD* 11.00 – 12.00
Fitcontrol 14.00 – 15.00
Fitcontrol 19.00 – 20.00
Fitcontrol 20.00 – 21.00

Brandweer* 15.30 – 16.30

VRIJDAG

XCORE 09.00 – 09.45

10.00 – 10.45

Fitcontrol 10.00 – 11.00

Basix 09.00 – 9.45

ZATERDAG

Zumba Gold 09.00 – 10.00
Hip Hop 8-11 10.00 – 11.00

Fitcontrol 10.00 – 11.00

Running 9.00 – 10.00

ZONDAG

10.00 – 10.45
11.00 – 11.45

 **077-382 52 64**

OPENINGSTIJDEN

FITNESS

SQUASH

ALGEMEEN

MAANDAG & WOENSDAG

07:00 - 22:30

07:30 - 22:30

07:00 - 23:00

DINSDAG & DONDERDAG

08:00 - 22:30

08:15 - 22:30

08:00 - 23:00

VRIJDAG

08:00 - 22:00

08:15 - 21:30

08:00 - 22:00

ZATERDAG & ZONDAG

08:00 - 15:00

08:15 - 14:30

08:00 - 15:00

* Deze vallen buiten het abonnement van La Vita Sana