

## 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  
**Freestyle Dance** 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  
**Hatha Yoga** 20.35 – 21.35

**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 &amp; WOENSDAG

07:00 - 22:30

07:30 - 22:30

07:00 - 23:00

DINSDAG &amp; 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 &amp; ZONDAG

08:00 - 15:00

08:15 - 14:30

08:00 - 15:00

\* Deze vallen buiten het abonnement van La Vita Sana