

Groepslessen rooster easyActive

Maandag

09:00	Club challenge
09:00	Crossmaxx-Senior
10:00	Power yoga
10:00	30-Active
18:45	Power Yoga
19:00	Crossmaxx-30
19:30	Crosscore
19:30	Boks-workout
19:30	Spinning
20:00	30-Active
20:00	Club steps
20:45	Yin yoga
20:45	30-Active

Donderdag

09:00	Crossmaxx-30
09:30	Crosscore
10:00	30-Active
10.45	Yin yoga
19:00	Yin-yoga
19:00	Crossmaxx-30
19:30	Crosscore
20:00	30-active
20.15	Zumba

Dinsdag

09:00	Crossmaxx-60
09:00	Yin yoga
10:00	Zumba-Gold
10:00	30-Active
19:00	Crossmaxx-30
19:30	Crosscore
20:00	30-Active
20:00	Hatha yoga
20.00	Urban dance workout NIEUW

Vrijdag

09:00	Crossmaxx-60
09:00	Zumba Gold
10:00	Crossmaxx-senior
10:15	Power Yoga
11:15	Yin Yoga
19.00	Urban dance workout NIEUW

Woensdag

09:00	Crossmaxx-Senior
09:00	Club challenge
10:00	30-Active
10:00	Yin yoga
19:00	Crossmaxx-30
19:00	Club steps
19:30	Crosscore
19:30	Spinning
19:30	Club power
20:00	30-Active
20:00	Boks-workout
20:30	Yin yoga
20:45	30-active

Zondag

10:00	Spinning
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