

# Groepslessen rooster easyActive

Maandag		Donderdag	
09:00	Club challenge	09:00	Crossmaxx-30
09:00	Crossmaxx-Senior	09:30	Crosscore
10:00	Power yoga	10:00	30-Active
10:00	30-Active	10.45	Yin yoga <b>NIEUW</b>
10:00	Crosscore	19:00	Zumba-Gold
18:45	Power Yoga	19:00	Crossmaxx-30
19:00	Crossmaxx-30	19:30	Crosscore
19:30	Crosscore	20:00	30-active
19:30	Boks-workout	20.00	Zumba
19:30	Spinning	20.45	30-active <b>NIEUW</b>
20:00	Crossmax-30		
20:00	30-Active		
20:00	Club steps		
20:30	Yin yoga <b>NIEUW</b>		
20:45	30-Active		
Dinsdag		Vrijdag	
09:00	Crossmaxx-60	09:00	Crossmaxx-60
09:00	Yin yoga	09:00	Zumba Gold
10:00	Zumba-Gold	10:00	Crossmaxx-senior
10:00	30-Active	10:00	Power Yoga
10:00	Crosscore	11:00	Yin Yoga
19:00	Crossmaxx-30	Zaterdag	
19:30	Crosscore	10:00	Crossmaxx-30
20:00	30-Active	10:30	Crosscore
20:00	Hatha yoga		
20.45	30-active <b>NIEUW</b>		
Woensdag		Zondag	
09:00	Crossmaxx-Senior	10:00	Spinning
09:00	Club challenge		
10:00	30-Active		
10:00	Yin yoga		
10:00	Crosscore		
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		

