

## Maandag

09:00 - 10:00	<b>LES MILLS BODYPUMP</b>	<b>BODYPUMP™</b>	Beer
19:00 - 19:45	<b>LES MILLS CORE</b>	<b>Les Mills CORE™ 45</b>	Quincy
20:00 - 21:00	<b>LES MILLS BODYBALANCE</b>	<b>BODYBALANCE™</b>	Bernarda

## Dinsdag

09:00 - 09:30	<b>LES MILLS GRIT   STRENGTH</b>	<b>GRIT™ Strength</b>	Beer
09:45 - 10:15	<b>SPORT POINT</b>	<b>LOW-IMPACT</b>	Bas
18:45 - 19:45	<b>LES MILLS BODYCOMBAT</b>	<b>BODYCOMBAT™</b>	Quincy
20:00 - 21:00	<b>LES MILLS BODYPUMP</b>	<b>BODYPUMP™</b>	Quincy

## Woensdag

10:00 - 11:00	<b>LES MILLS BODYPUMP</b>	<b>BODYPUMP™</b>	Beer
18:15 - 18:45	<b>LES MILLS CORE</b>	<b>Les Mills CORE™ 30</b>	Beer
19:00 - 19:30	<b>LES MILLS GRIT   STRENGTH</b>	<b>GRIT™ Strength</b>	Beer
19:45 - 20:30	<b>LES MILLS SH'BAM</b>	<b>SH'BAM™</b>	Kimberley

## Donderdag

09:00 - 10:00	<b>LES MILLS BODYPUMP</b>	<b>BODYPUMP™</b>	Lisa
18:45 - 19:45	<b>SPORT POINT</b>	<b>TOTAL BODY</b>	Quincy
20:00 - 21:00	<b>LES MILLS BODYBALANCE</b>	<b>BODYBALANCE™</b>	Bernarda

## Vrijdag

09:00 - 09:30	<b>LES MILLS CORE</b>	<b>Les Mills CORE™ 30</b>	Beer
09:45 - 10:45	<b>SPORT POINT</b>	<b>PYC</b>	Cordelia
19:00 - 20:00	<b>LES MILLS BODYPUMP</b>	<b>BODYPUMP™</b>	Denise / Quincy

## Zaterdag

08:00 - 09:00	<b>SPORT POINT</b>	<b>FIT PLUS</b>	Jeffrey
09:00 - 10:00	<b>LES MILLS BODYPUMP</b>	<b>BODYPUMP™</b>	Denise
09:30 - 10:15	<b>SPORT POINT</b>	<b>BOOTCAMP</b>	Bas
10:15 - 11:15	<b>LES MILLS BODYCOMBAT</b>	<b>BODYCOMBAT™</b>	Denise / Quincy

## Zondag

09:30 - 10:15	<b>LES MILLS CORE</b>	<b>Les Mills CORE™ 45</b>	Quincy
10:30 - 11:30	<b>LES MILLS BODYPUMP</b>	<b>BODYPUMP™</b>	Quincy