

ZOMERROOSTER GROEPSLESSEN ZOMER 2017

| Maandag | maandag 10 juli | maandag 17 juli | maandag 24 juli | maandag 31 juli | maandag, 7 augustus | maandag, 14 augustus |
|------------------|-----------------------------|-----------------------------|---------------------------|-----------------------------|------------------------------|------------------------------|
| 09.00u | Full body training Isabella | Full body training Isabella | Full body training Esther | Full body training Esther | Full body training Carmen | Full body training Isabella |
| 10.00u | Body pump Isabella | Body pump Isabella | Spinning Tessa | xxxxxxxxxxxxxxxxxxxx | Spinning Tessa | Body pump Isabella |
| 19.00u | Zumba Esther | Zumba Esther | Zumba Esther | Zumba Esther | Zumba Esther | Zumba Esther |
| 19.00u | Sixpack Isabella | Sixpack Isabella | Sixpack Isabella | xxxxxxxxxxxxxxxxxxxx | xxxxxxxxxxxxxxxxxxxx | xxxxxxxxxxxxxxxxxxxx |
| 19.00u | xxxxxxxxxxxxxxxxxxxx | xxxxxxxxxxxxxxxxxxxx | xxxxxxxxxxxxxxxxxxxx | Spinning Maureen | Spinning Maureen | Spinning Isabella |
| 20.00u | Full body training Esther | Full body training Esther | Full body training Esther | Full body training Esther | Full body training Esther | Full body training Esther |
| 20.00u | Xcore Isabella | Xcore Isabella | Xcore Isabella | Xcore Maureen | Xcore Maureen | Xcore Isabella |
| Dinsdag | dinsdag 11 juli | dinsdag 18 juli | dinsdag 25 juli | dinsdag 1 augustus | dinsdag 8 augustus | dinsdag 15 augustus |
| 09.00u | TBF Isabella | TBF Isabella | TBF Isabella | TBF Carmen | TBF Carmen | TBF Isabella |
| 10.00u | Xcore Isabella | Xcore Isabella | Xcore Isabella | xxxxxxxxxxxxxxxxxxxx | xxxxxxxxxxxxxxxxxxxx | Xcore Isabella |
| 10.00u | Pilates Anita | Pilates Anita | Pilates Anita | Pilates Lucy | Pilates Lucy | Pilates Lucy |
| 19.00u | Spinning Irene | Spinning Irene | Spinning Irene | Spinning John | Spinning John | Spinning John |
| 19.00u | Xcore Zsazsa | Xcore Zsazsa | Xcore Zsazsa | Xcore Zsazsa | Xcore Zsazsa | Xcore Zsazsa |
| 20.00u | Bodypump Irene | Bodypump Irene | Bodypump Irene | Body pump (alt*) Zsazsa | Body pump (alt*) Zsazsa | Body pump (alt*) Zsazsa |
| Woensdag | woensdag 12 juli | woensdag 19 juli | woensdag 26 juli | woensdag 2 augustus | woensdag 9 augustus | woensdag 16 augustus |
| 09.00u | Total body fitness Esther | Total body fitness Esther | Total body fitness Esther | Total body fitness Carmen | Total body fitness Carmen | Total body fitness Carmen |
| 09.00u | Spinning Isabella | Spinning Isabella | Spinning Isabella | Spinning Lucy | Spinning Lucy | Spinning Isabella |
| 10.00u | Fifty Fitness Isabella | Fifty Fitness Isabella | Fifty Fitness Isabella | Fifty Fitness Lucy | Fifty Fitness Lucy | Fifty Fitness Isabella |
| 10.15u | Fifty Shape Esther | Fifty Shape Esther | Fifty Shape Esther | Fifty Shape Carmen | Fifty Shape Carmen | Fifty Shape Carmen |
| 19.00 | Step shape Esther | Step shape Esther | Step shape Esther | Step shape Esther | Step shape Esther | Step shape Esther |
| 19.00u | Body Combat Irene | Body Combat Irene | Body Combat Irene | Body Combat Irene | Body Combat Irene | Body Combat Irene |
| 20.00u | Spinning Irene | Spinning Irene | Spinning Irene | Spinning Irene | Spinning Irene | Spinning Irene |
| 20.15u | Body & Mind Marlous | Body & Mind Marlous | xxxxxxxxxxxxxxxxxxxx | xxxxxxxxxxxxxxxxxxxx | Body & Mind Marlous | Body & Mind Marlous |
| Donderdag | donderdag 13 juli | donderdag 20 juli | donderdag 27 juli | donderdag 3 augustus | donderdag 10 augustus | donderdag 17 augustus |
| 09.00u | Zumba Esther | Zumba Esther | Zumba Esther | Zumba Esther | Zumba Esther | Zumba Esther |
| 10.00u | Body pump Isabella | Body pump Isabella | Body pump Isabella | xxxxxxxxxxxxxxxxxxxx | xxxxxxxxxxxxxxxxxxxx | Body pump Isabella |
| 19.00u | Zumba Dionne | Zumba Dionne | Zumba Dionne | Zumba Dionne | Zumba Dionne | Zumba Dionne |
| 19.00u | Spinning Irene | Spinning Irene | Spinning Irene | Spinning Irene | Spinning Irene | Spinning Irene |
| 20.00u | Full body training Dionne | Full body training Dionne | Full body training Dionne | Full body training Dionne | Full body training Dionne | Full body training Dionne |
| 20.00u | Body Pump Irene | Body Pump Irene | Body Pump Irene | Body Pump Irene | Body Pump Irene | Body Pump Irene |
| Vrijdag | vrijdag 14 juli | vrijdag 21 juli | vrijdag 28 juli | vrijdag 4 augustus | vrijdag 11 augustus | vrijdag 18 augustus |
| 09.00u | Spinning Isabella | Spinning Isabella | Spinning Maureen | xxxxxxxxxxxxxxxxxxxx | xxxxxxxxxxxxxxxxxxxx | Spinning Isabella |
| 09.00u | xxxxxxxxxxxxxxxxxxxx | xxxxxxxxxxxxxxxxxxxx | xxxxxxxxxxxxxxxxxxxx | Callanetics Carmen | Callanetics Carmen | Callanetics Carmen |
| 10.00u | Xcore Isabella | Xcore Isabella | Xcore Maureen | xxxxxxxxxxxxxxxxxxxx | xxxxxxxxxxxxxxxxxxxx | Xcore Isabella |
| 10.00u | xxxxxxxxxxxxxxxxxxxx | xxxxxxxxxxxxxxxxxxxx | xxxxxxxxxxxxxxxxxxxx | Pilates Carmen | Pilates Carmen | Pilates Carmen |
| Zaterdag | zaterdag 15 juli | zaterdag 22 juli | zaterdag 29 juli | zaterdag 5 augustus | zaterdag 12 augustus | zaterdag 19 augustus |
| 08.45u | Body & Mind Vera | Body & Mind Vera | Body & Mind Vera | Body & Mind Marlous | Body & Mind Marlous | Body & Mind Marlous |
| 09.15u | Spinning Irene | Spinning Irene | Spinning Irene | Spinning Irene | Spinning Irene | Spinning Irene |
| 09.15u | Zumba Dionne | Zumba Dionne | xxxxxxxxxxxxxxxxxxxx | xxxxxxxxxxxxxxxxxxxx | Zumba Dionne | Zumba Dionne |
| 10.15u | Full body training Dionne | Full body training Dionne | xxxxxxxxxxxxxxxxxxxx | xxxxxxxxxxxxxxxxxxxx | Full body training Dionne | Full body training Dionne |
| 10.15u | Body Combat Irene | Body Combat Irene | Body Combat Irene | Body Combat Irene | Body Combat Irene | Body Combat Irene |
| 11.15u | Body Pump Irene | Body Pump Irene | Body Pump Irene | Body Pump Irene | Body Pump Irene | Body Pump Irene |

(alt* = alternatieve bodypump les, namelijk club power dit is tevens een barbell-les)