



ZONDAGROOSTER

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| 24-dec | Esther R | BODYSHAPE |
| 26-dec | Esther R | BODYPUMP |
| 31-dec | John/Anita | STEP |
| 7-jan | Dionne | FULL BODY TRAINING |
| 14-jan | Zsazsa | XCORE |
| 21-jan | Esther R | BODYPUMP |
| 28-jan | Maureen/Carmen | PILATES |
| 4-feb | Zsazsa | XCORE |
| 11-feb | Irene | COMBAT |
| 18-feb | Isabella/Carmen | PILATES |
| 25-feb | Dionne | FULL BODY TRAINING |
| 4-mrt | Maureen/Isabella | XCORE |
| 11-mrt | Irene | COMBAT |

Eerste naam is de docent die de spinning geeft,
Tweede naam is de docent die de groepsles geeft.