

# Ons nieuwe rooster vanaf januari 2018

| <b>Aerobic studio</b> | <b>Maandag</b>                    | <b>Dinsdag</b>               | <b>Woensdag</b>                 | <b>Donderdag</b>                | <b>Vrijdag</b>                  | <b>Zaterdag</b>             | <b>Zondag</b>       |
|-----------------------|-----------------------------------|------------------------------|---------------------------------|---------------------------------|---------------------------------|-----------------------------|---------------------|
| 09.15-10.15           | Impulse 9.30-10.00 (Gianni)       | Core kwartier 9.45-10 (Rody) | Body Pump (ihsane)              |                                 | Body Pump (ihsane)              | Body Pump (ihsane)          | XCORE (Ritcho)      |
| 10.15-11.15           | Body Pump (ihsane)                | Kickforce rustig (Rody)      | Body Balance (Jolanda)          | Core kwartier 10.45-11 (Gianni) | Gritt (Steven)                  | Power Yoga (Jolanda)        | Body Combat (Maria) |
| 11.15-12.15           | Power Yoga (samira)               | Yoga (Samira)                | Pilates (Erik)                  | Zumba (Esther)                  | Fit Fun Low (Steven)            | KickForce Conditie (Steven) | Zumba (Esther)      |
| 12.15-13.15           | Fit Fun Low (simone/Rody)         |                              |                                 | Yoga (Samira)                   |                                 |                             |                     |
| 16.30-17.30           | Kids Bootcamp (Gianni)            |                              | Kids Bootcamp (Gianni)          |                                 | Kids Bootcamp (Rick)            |                             |                     |
| 17.30-18.30           | kick/zaktraining 13-18jr (Gianni) |                              | kick/zaktraining 13-18jr (Rody) |                                 | kick/zaktraining 13-18jr (Rick) |                             |                     |
| 18.40-18.55           | Gritt 18.30-19.00 (Steven)        | Core kwartier (Rody)         | Core kwartier (Rody)            | Core kwartier (Rody)            |                                 |                             |                     |
| 19.00-20.00           | Body Pump (Carla)                 | Kickforce heavy (Rody)       | Body Pump (Luke)                | Now Reboot (Hedzr)              |                                 |                             |                     |
| 20.00-21.00           | Body Combat (Maria)               | XCORE (Ritcho)               | Body Balance (Rick)             | Zumba (Patricia)                |                                 |                             |                     |
| <b>Tijdstip</b>       |                                   |                              |                                 |                                 |                                 |                             |                     |
| <b>Bike studio</b>    | <b>Maandag</b>                    | <b>Dinsdag</b>               | <b>Woensdag</b>                 | <b>Donderdag</b>                | <b>Vrijdag</b>                  | <b>Zaterdag</b>             | <b>Zondag</b>       |
| 09.15-10.15           |                                   |                              |                                 | RPM (Simone)                    |                                 | RPM (Patrick)               |                     |
| 10.15-11.15           |                                   |                              | RPM (Steven)                    |                                 |                                 |                             | RPM (variërend)     |
| 19.30-20.30           | RPM (Patrick)                     | RPM (Simone)                 | RPM (Edwin)                     | RPM (Steven)                    | RPM (Chris)                     |                             |                     |
| <b>Tijdstip</b>       |                                   |                              |                                 |                                 |                                 |                             |                     |
| <b>Impulse Studio</b> | <b>Maandag</b>                    | <b>Dinsdag</b>               | <b>Woensdag</b>                 | <b>Donderdag</b>                | <b>Vrijdag</b>                  | <b>Zaterdag</b>             | <b>Zondag</b>       |
| 08:30-09:00           |                                   |                              |                                 |                                 |                                 | Impulse (Steven)            |                     |
| 09.00-09.30           |                                   |                              |                                 |                                 |                                 | Now Reboot 9.00-10.00Hedzr  |                     |
| 09.30-10.00           |                                   |                              |                                 |                                 | Impulse (Steven)                |                             | Impulse (Gianni)    |
| 19.00-19.30           |                                   |                              | Now Reboot 19.00-20.00 Hedzr    | Impulse (steven)                | Now Reboot 19.00-20.00 Hedzr    |                             |                     |
| 20.00-21.00           | Impulse 20-20.45 (Steven)         | Impulse 20-20.45(Gianni)     |                                 |                                 |                                 |                             |                     |