

WorkOut & WorkOut CluB | Groepslessen rooster | Geldig vanaf 18 mei 2012

Maandag

09:00 - 10:00
BodyVive C 1
10:00 - 11:00
BodyShape C 1
10:15 - 11:15
BodyBalance C 2
11:15 - 12:15
BodyPump C 1
17:00 - 18:00
BodyShape W 2
18:00 - 19:00
Pilates W 2
18:00 - 19:00
BodyPump C 1
18:00 - 19:00
BodyBalance C 2
18:30 - 19:30
Spinning W 1
19:00 - 20:00
ComBat C 1
19:00 - 20:00
BodyShape C 2
19:30 - 20:30
Spinning W 1
20:00 - 21:00
BodyPump W 2
20:00 - 21:00
BodyStep C 1
20:00 - 20:30
C.O.R.E. C 2
20:30 - 21:30
Spinning W 1
20:30 - 21:30
Pilates C 2
21:00 - 22:00
PowerYoga W 2
21:00 - 22:00
ZumBa C 1

Dinsdag

09:00 - 10:00
FatBuRN! W 2
09:30 - 10:30
Pilates C 1
10:30 - 11:30
BodyPump C 1
10:30 - 11:00
Stretching C 2
17:00 - 18:00
Pilates W 2
17:30 - 18:30
BodyPump C 1
18:00 - 19:00
BodyBalance W 2
18:30 - 19:30
Spinning W 1
18:30 - 19:15
Sh'Bam C 1
18:30 - 19:30
BodyVive C 2
19:00 - 20:00
BodyShape W 2
19:30 - 20:30
Spinning W 1
19:30 - 20:30
BodyPump C 1
19:30 - 20:30
BodyBalance C 2
20:00 - 21:00
Thai-Bo W 2
20:30 - 21:30
Spinning W 1
20:30 - 21:30
BodyAttack C 1
20:30 - 21:30
BodyShape C 2
21:00 - 22:00
PowerYoga W 2

Woensdag

09:00 - 10:00
Pilates W 2
09:30 - 10:30
BodyShape C 1
10:30 - 11:30
Spinning W 1
16:00 - 17:00
BodyBalance C 2
17:00 - 18:00
BodyShape W 2
17:30 - 18:30
Spinning W 1
17:30 - 18:30
ZumBa C 1
18:00 - 19:00
Pilates W 2
18:00 - 19:00
Essentrics C 2
18:30 - 19:30
Spinning W 1
18:30 - 19:30
ComBat C 1
19:00 - 20:00
BodyBalance C 2
19:30 - 20:30
Spinning W 1
19:30 - 20:30
BodyAttack C 1
20:00 - 21:00
Pilates C 2
20:00 - 21:00
PowerYoga new W 2
20:30 - 21:30
Spinning W 1
20:30 - 21:30
BodyPump C 1
21:00 - 22:00
Pilates new W 2
21:00 - 22:00
H.i.T. C 2

Donderdag

09:00 - 10:00
Pilates W 1
09:00 - 10:00
BodyVive C 1
10:00 - 11:00
ZumBa C 1
17:30 - 18:30
BodyShape C 1
18:00 - 19:00
PowerYoga W 2
18:30 - 19:30
Spinning W 1
18:45 - 19:45
Pilates C 2
19:00 - 20:00
BodyShape W 2
19:30 - 20:30
ComBat C 1
20:00 - 21:00
BodyBalance W 2
20:30 - 21:30
BodyPump C 1

Vrijdag

09:30 - 10:30
BodyShape C 1
10:30 - 11:30
BodyPump C 1
10:30 - 11:30
Pilates C 2
11:30 - 12:30
BodyBalance C 2
13:00 - 13:45
Sh'Bam C 1
17:00 - 18:00
BodyBalance W 2
17:00 - 18:00
H.i.T. C 2
17:30 - 18:30
Spinning W 1
18:00 - 19:00
BodyAttack C 1
19:00 - 20:00
Pilates W 2
19:00 - 20:00
BodyPump C 1

Zaterdag

09:30 - 10:30
Spinning W 1
09:30 - 10:30
BodyBalance C 2
9:45 - 10:45
BodyPump W 2
10:30 - 11:30
Spinning W 1
10:30 - 11:30
Sh'Bam C 1
11:00 - 12:00
BodyShape C 2
11:30 - 12:30
BodyAttack C 1
12:00 - 13:00
PowerYoga new W 2
12:00 - 13:00
Pilates C 2
13:00 - 13:30
Stretching C 2

Zondag

09:30 - 10:30
BodyShape C 1
10:30 - 11:30
Spinning W 1
10:30 - 11:30
BodyAttack C 1
10:45 - 11:45
BodyBalance new C 2
11:00 - 12:00
Essentrics W 2
11:30 - 12:30
BodyPump C 1
12:00 - 13:00
Pilates C 2
12:30 - 13:30
FatBuRN W 2



Bewegen en Beleven!

W 1 = Studio 1 WorkOut Oudegracht
 W 2 = Studio 2 WorkOut Oudegracht
 C 1 = Studio 1 WorkOut CluB Breedstraat
 C 2 = Studio 2 WorkOut CluB Breedstraat