

Zommerrooster 2018

Lessen in deze periode zijn alleen op kiosk te reserveren en niet via de anco app !!!

Week 28	9-jul-18	10-jul-18	11-jul-18	12-jul-18	13-jul-18	14-jul-18
	9:15. Combat-Marjon	9:15. Fit&Shape - Mariet	9:15. Power-Shenna	9:15. Physical F-Tessa	9:15. Pilates-Yvonne	9:15. Callenetics
	10:15. Yoga-Tessa	10:15 Pilates - Tessa		10:15 Yoga-Tessa		Mariet
		18:15 Sh'Bam - Loes	18:00 NirvanaFit - Manuela			
	19:00. Attack-Marlie	19:00. XCO-Tessa		19:00. XCO-Tessa		
	19:00 Pilates - Tessa	19:00 Yoga - Marian	19:00 Step- Linda F	20:00 Power Inca		
	20:00 Spinning - Marian	20:00 Power - Inca	20:00 Xco - Linda F	20:00. Spinning-Leon		
	20:00 Combat - Marjon	20:00 Spinning - Marian	20:00 uur Zumba - Cindy			
Week 29	16-jul-18	17-jul-18	18-jul-18	19-jul-18	20-jul-18	21-jul-18
	9:15. Combat-Marjon	10:15 Pilates - Tessa		9:15. Physical F-Tessa	9:15. Pilates - Tessa	9:15. Callenetics
	10:15. Yoga-Tessa	19:00. XCO-Tessa	18:00 NirvanaFit - Manuela	10:15 Yoga-Tessa	10:15. Sh'Bam-Loes	Mariet
	19:00. Attack-Marlie	19:00 Yoga - Marian	19:00. XCO-Marlie	19:00. XCO-Tessa		
	19:00 Pilates - Tessa	20:00 Spinning - Marian	20:00 uur Zumba - Cindy	20:00. Spinning-Dirk	19:30. Kinesis Class-Inca	
	20:00 Combat - Marjon	20:00 Power - Inca		20:00 Power Inca		
Week 30	23-jul-18	24-jul-18	25-jul-18	26-jul-18	27-jul-18	28-jul-18
	9:15. Combat-Marjon	10:15 Pilates - Tessa		9:15. Physical F-Tessa	9:15 Pilates - Yvonne	9:15. Callenetics
	10:15. Yoga-Tessa		19:00. Combat-Linda O	10:15 Yoga-Tessa		Mariet
	19:00. Attack-Marlie	19:00. XCO-Tessa	20:15 Kinesis-Linda O	19:00. XCO-Tessa		
	19:00 Pilates - Tessa	20:00 Spinning - Dirk		20:00. Spinning-Dirk		
	20:00 Combat - Linda O	20:00 Power - Inca		20:00 Power Inca		
Week 31	30-jul-18	31-jul-18	1-aug-18	2-aug-18	3-aug-18	4-aug-18
			19:00. Combat-Linda O			9:15. Callenetics
	19:00. Attack-Marlie	19:00 Xco - Marlie	20:15 Kinesis-Linda O	19:00 Xco - Marlie		Mariet
	20:00. Combat - Linda O	20:00 Spinning - Leon	20:00 Zumba - Cindy	20:00 Power - Mike		
Week 32	6-aug-18	7-aug-18	8-aug-18	9-aug-18	10-aug-18	11-aug-18
					9:15 Pilates - Yvonne	9:15. Callenetics
	19:00. Attack-Marlie	19:00 Power- Mike	19:00 Combat - Linda O		10:15 Sh'Bam Loes	Mariet
	20:00. Combat-Linda O	20:00 Spinning-Mike	20:00. XCO-Marlie	20:00. Spinning-Mike		
Week 33	13-aug-18	14-aug-18	15-aug-18	16-aug-18	17-aug-18	18-aug-18
	18:30 Billen drillen - Linda O	9:15 Fit&Shape - Mariet	9:15 Power - Mike		9:15. Pilates- Yvonne	9:15. Callenetics
	19:00 Attack - Marlie	18:15 Sh'Bam - Loes	10:15 Spinning - Mike		10:15. Sh'Bam- Loes	Mariet
	20:00 Spinning - Marian	19:00 Xco - Marian	18:00 NirvanaFit - Manuela	19:00 Power - Mike		
	20:00 Combat - Linda O	20:00 Power - Shenna	19:00 Xco - Marian	20:00 Spinning - Leon		
			20:15 Kinesis - Mike			
			20:00 Zumba - Cindy			

Grijs is zaal 1. Wit is zaal 2. Kinesis Class in de fitnesszaal

Op maandag 20 augustus start het normale lesrooster weer.