



Donderdag 17 -12-2020

Groepslessen

20.00 - 20.45 Virginia Zumba

Small Grouptraining

09.00 - 09.45 Ecco Small Group Training

Vrijdag 18 -12-2020

Small Grouptraining

09.00 - 09.45 Jeffrey Small Group Training

Zaterdag 19 -12-2020

Groepslessen

09.00 - 09.45 Louise Bodypump
10.00 - 10.45 Virginia Zumba

Small Grouptraining

10.00 - 10.45 Ecco Small Group Training

Zondag 20 -12-2020

Groepslessen

09.00 - 09.45 Inge Bodypump
10.00 - 10.45 Inge Pilates
11.00 - 11.45 Inge Fat attack

Maandag 21 -12-2020

Groepslessen

09.00 - 09.45 Dominique Bodyshape
10.00 - 10.45 Dominique Pilates
19.00 - 19.45 Louise Pop Pilates
20.00 - 20.45 Pauline Body Balance

Small Grouptraining

09.00 - 09.45 Justin Small Group Training
20.00 - 20.45 Dominique Small Group Training

Dinsdag 22 -12-2020

Groepslessen

10.00 - 10.45 Dominique Keep Fit
20.00 - 20.45 Virginia Zumba

Small Grouptraining

09.00 - 09.45 Ecco Small Group Training
20.00 - 20.45 Ecco Small Group Training

Woensdag 23 -12-2020

Groepslessen

09.00 - 09.45 Deborah Bodypump
10:00 - 10:45 Deborah Pilates
20.00 - 20.45 Jojan Bodypump

Small Grouptraining

09.00 - 09.45 Justin Small Group Training
20.00 - 20.45 Nick Small Group Training

Donderdag 24 -12-2020

Groepslessen

09.00 - 09.45 Inge Bodypump
10.00 - 10.45 Inge Bodyshape

Small Grouptraining

09.00 - 09.45 Nick Small Group Training

Vrijdag 25 -12-2020

1e Kerstdag

Zaterdag 26 -12-2020

2e Kerstdag

Zondag 27 -12-2020

Groepslessen

09.00 - 09.45 Inge Bodypump
10.00 - 10.45 Inge Pilates
11.00 - 11.45 Inge Fat attack

Maandag 28 -12-2020

Groepslessen

09.00 - 09.45 Deborah Bodyshape
10.00 - 10.45 Deborah Pilates
19.00 - 19.45 Louise Pop Pilates
20.00 - 20.45 Pauline Body Balance

Small Grouptraining

09.00 - 09.45 Nick Small Group Training
20:00 - 20:45 Nick Small Group Training

Dinsdag 29 -12-2020

Groepslessen

20.00 - 20.45 Virginia Zumba

Small Grouptraining

09.00 - 09.45 Nick Small Group Training
20.00 - 20.45 Nick Small Group Training

Woensdag 30 -12-2020

Groepslessen

09.00 - 09.45 Deborah Bodypump
10:00 - 10:45 Deborah Pilates
20.00 - 20.45 Jojan Bodypump

Small Grouptraining

09.00 - 09.45 Nick Small Group Training
20.00 - 20.45 Nick Small Group Training

Donderdag 31 -12-2020

Groepslessen

09.00 - 09.45 Inge Bodypump
10.00 - 10.45 Inge Bodyshape

Small Grouptraining

09.00 - 09.45 Nick Small Group Training

