

	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
<b>MAINSTAGE</b>							
<b>Body Shape</b>	9:00		9:00				
<b>Body &amp; Mind</b>	20:00	10:00		9:00			
<b>Power</b>		9:00					
<b>Xcore</b>			18:30		9:15		
<b>Core (30/45min)</b>					8:30		
<b>Yoga</b>							9:00
<b>Latin Dance</b>	19:00						
<b>50+ fitness</b>	10:00 11:00		10:00				
<b>HIIT (30min)</b>	18:30/19:00/19:30	8:30		18:30/19:00/19:30		9:00	
<b>In/outdoor workout</b>			19:30				
<b>Cycle</b>		19:00		10:00		10:00	

