

# GROEPSLESROOSTER BLADEL

| Mainstage    | Maandag | Dinsdag     | Woensdag            | Donderdag   | Vrijdag | Zaterdag | Zondag |
|--------------|---------|-------------|---------------------|-------------|---------|----------|--------|
| Cycle        | 18:30   |             | 10:00               | 19:30       | 09:00   | 10:10    |        |
| Body Shape   | 09:00   |             | 08:45               |             |         |          |        |
| XCORE        | 19:30   | 19:30       | 20:30<br>(virtueel) | 18:30       |         | 11:15    |        |
| Club Power   | 20:30   |             | 19:30               | 09:00/20:30 |         | 09:00    | 11:00  |
| Xtreme Dance |         | 18:30       |                     |             |         |          |        |
| 60+ Fit      |         |             | 11:10               |             |         |          |        |
| HIIT         |         | 18:30/19:00 | 19:30               | 19:00       |         | 09:30    | 10:00  |
| Dance        |         |             | 18:30               |             |         |          |        |
| Booty        |         |             | 19:00               |             |         |          | 10:30  |

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# BODY & MIND LESROOSTER BLADEL

| Body & Mind zaal                   | Maandag     | Dinsdag     | Woensdag | Donderdag | Vrijdag     | Zaterdag | Zondag |
|------------------------------------|-------------|-------------|----------|-----------|-------------|----------|--------|
| Pilates                            |             | 09:00/10:15 | 18:30    |           |             |          |        |
| Yin Yoga                           | 10:30/20:00 |             | 09:45    |           |             |          |        |
| Stretching (45 min)                |             |             |          | 19:30     | 10:10/11:00 |          |        |
| Club Yoga                          | 18:45       |             |          | 20:30     |             |          |        |
| Mysore Power Yoga<br>self practice | 09:15       |             | 11:00    |           |             |          |        |

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