

ROOSTER VOORJAARSVAKANTIE 2019

Vrijdag 15 t/m zondag 24 februari

| BODY & MIND Lessen | | | | Fitness | BODY FIT Lessen | | | |
|--------------------|------------|----------------------|----------|-----------------------|-----------------|---------------------|------------|---------|
| Vrijdag | | | | Vrijdag 15/02 | Vrijdag | | | |
| 15-feb | 9-10 | Barre Fusion | Margaret | Fitness 9-12 | 15-feb | 9-10 | Kick Box | Richard |
| | | | | | 10.30-11 | Body Fit High | Isa | |
| | | | | | 11-11.30 | Body Fit Low | Isa | |
| Zaterdag | | | | Zaterdag 16/02 | Zaterdag | | | |
| 16-feb | 9.30-10.30 | Aroma Relax Yin Yoga | Angela | Fitness 9-12 | 16-feb | 9.30-10 | Body Fit | Roel |
| | | | | | 10-10.30 | Spinning | Roel | |
| | | | | | 10.30-11 | Body Fit Low | Giovanni R | |
| | | | | | 11-11.45 | Youth Fit (12-16jr) | Giovanni R | |
| Zondag | | | | Zondag 17/02 | Zondag | | | |
| 17-feb | | | | Fitness gesloten | 17-feb | 10-11 | Power Pump | vervalt |
| | 11-12 | Hatha Yoga Flow | Gordana | | 11-11.30 | Body Fit Low | vervalt | |

| BODY & MIND Lessen | | | | Fitness | BODY FIT Lessen | | | |
|--------------------|------------------|----------------------|----------|-----------------------------|------------------|----------------------|----------------------|---------|
| Maandag | | | | Maandag 18/02 | Maandag | | | |
| 18-feb | | | | Fitness 9-12 | 18-feb | 9-9.30 | Body Fit | Isa |
| | | | | | 9.30-10 | Body Fit Low | Isa | |
| | | | | | | | | |
| | | | | Fitness 19-22 | | 18-19 | Freerunning (7-16jr) | |
| 20-21 | Essentrics | Roel Schoenmaker | | | 19-19.30 | Body Fit Low | Simone | |
| 21-22 | Pilates Big Ball | Cat | | | 19.30-20 | Spinning | Simone | |
| | | | | | 20-20.30 | Body Fit | Simone | |
| Dinsdag | | | | Dinsdag 19/02 | Dinsdag | | | |
| 19-feb | | | | Fitness Ochtend gesloten | 19-feb | | | |
| | | | | | 17-19 | Freerunning (7-16jr) | | |
| 20-21 | Power Flow Yoga | Monique | | | 19.30-20 | Body Fit Low | Nancy | |
| | 21-22 | Yin Yoga | Monique | Fitness 19-22 | 20-20.30 | Body Fit High | Nancy | |
| | | | | | 20.30-21 | Body Fit | Nancy | |
| | | | | | | | | |
| Woensdag | | | | Woensdag 20/02 | Woensdag | | | |
| 20-feb | 9-10 | Essentrics | Yvette | Fitness 9-12 | 20-feb | | | |
| | | | | | 10-10.30 | Body Fit Low | Nancy | |
| | | | | | 10.30-11 | Body Fit High | Nancy | |
| | | | | Fitness 19-22 | 11-11.30 | Core and Stability | Nancy | |
| | | | | | | | | |
| 20-21 | Hatha Flow Yoga | Janni | | | 17-19 | Freerunning (7-16jr) | | |
| | | | | 19-19.30 | Spinning | Fay | | |
| | | | | 19.30-20 | Body Fit Low | Simone | | |
| | | | | 20-20.30 | Body Fit High | Simone | | |
| | | | | 20.30-21 | Body Fit | vervalt | | |
| Donderdag | | | | Donderdag 21/02 | Donderdag | | | |
| 21-feb | | | | Fitness Avond gesloten | 21-feb | 17-19 | Freerunning (7-16jr) | |
| | | | | | 19.30-20 | Body Fit Low | vervalt | |
| 20.30-21 | Pilates Shape | vervalt | | | 20-20.30 | Body Fit High | vervalt | |
| | 21-22 | Hatha Yin Yoga | vervalt | | 20.30-21 | Body Fit | vervalt | |
| Vrijdag | | | | Vrijdag 22/02 | Vrijdag | | | |
| 22-feb | 9-10 | Barre Fusion | Margaret | Fitness 9-12 | 22-feb | 9-10 | Kick Box Fit | Richard |
| | | | | | 10.30-11 | Body Fit High | Isa | |
| | | | | | 11-11.30 | Body Fit Low | Isa | |
| Zaterdag | | | | Zaterdag 23/02 | Zaterdag | | | |
| 23-feb | 9.30-10.30 | Aroma relax Yin Yoga | Angela | Fitness 9-12 | 23-feb | 9.30-10 | Body Fit | Roel |
| | | | | | 10-10.30 | Spinning | Roel | |
| | | | | | 10.30-11 | Body Fit Low | Giovanni R | |
| | | | | | 11-11.45 | Youth Fit (12-16jr) | Giovanni R | |
| Zondag | | | | Zondag 24/02 | Zondag | | | |
| 24-feb | | | | Fitness 9.30-12.30 | 24-feb | 10-11 | Power Pump | Simone |
| | 11-12 | Hatha Yoga Flow | Janni | | 11-11.30 | Body Fit Low | Simone | |