



BODY & MIND Lessen				Fitness	BODY FIT Lessen			
<b>Maandag</b>				<b>Maandag 29/04</b>	<b>Maandag</b>			
<b>29-apr</b>				Fitness 9-12  Fitness 19-22	<b>29-apr</b>	9-9.30	Body Fit High	Isa
						9.30-10	Body Fit Low	Isa
						17-19	Freerunning (7-16jr)	VERVALT
						19-19.30	Body Fit High	Simone
						19.30-20	Spinning	Simone
	20-20.30	Pilates	Simone					
	20.30-21.30	Essentrics	Roel				20.30-21	Body Fit Low
<b>Dinsdag</b>				<b>Dinsdag 30/04</b>	<b>Dinsdag</b>			
<b>30-apr</b>				Fitness ochtend gesloten  19-22	<b>30-apr</b>			
						16-19	Freerunning (7-16jr)	VERVALT
	20-21	Power Flow Yoga	Monique			19.30-20	Body Fit Low	Nancy
	21-22	Yin Yoga	Monique			20-20.30	Body Fit High	Nancy
						20.30-21	Body Fit Low	Nancy
<b>Woensdag</b>				<b>Woensdag 1/05</b>	<b>Woensdag</b>			
<b>01-mei</b>	9-10	Essentrics	Yvette	Fitness 9-12  Fitness 19-22	<b>01-mei</b>	9-9.30	Body Fit High	Isa
						9.30-10	Body Fit Low	Isa
						16-19	Freerunning (7-16jr)	VERVALT
						19.30-20	Spinning	Simone
	20-21	Hatha Flow Yoga	VERVALT			20-20.30	Body Fit Low	Simone
	21-21.30	Pilates	Simone			20.30-21	Body Fit High	Simone
<b>Donderdag</b>				<b>Donderdag 2/05</b>	<b>Donderdag</b>			
<b>02-mei</b>				Fitness 19-22	<b>02-mei</b>	16-19	Freerunning (7-16jr)	VERVALT
						19.30-20	Body Fit Low	Isa
	20.30-21	Pilates	Cat			20-20.30	Body Fit High	Isa
	21-22	Hatha Yin Yoga	Cat			20.30-21	Body Fit Low	Isa
<b>Vrijdag</b>				<b>Vrijdag 3/05</b>	<b>Vrijdag</b>			
<b>03-mei</b>	9-10	Barre Fusion	Margaret	Fitness 9-12	<b>03-mei</b>	9-10	Kick Box	Richard
						10.30-11	Body Fit High	Isa
						11-11.30	Body Fit Low	Isa
<b>Zaterdag</b>				<b>Zaterdag 4/05</b>	<b>Zaterdag</b>			
<b>04-mei</b>	9-10	Aroma Relax Flow Yoga	VERVALT	Fitness 9-12	<b>04-mei</b>	9.30-10	Body Fit High	Roel
						10-10.30	Spinning	Roel
						10.30-11	Kick Box	Jenayo
						11-11.45	Youth Fit (12-16jr)	Jenayo
<b>Zondag</b>				<b>Zondag 5/05</b>	<b>Zondag</b>			
<b>05-mei</b>	9:45 - 10:45	Aroma Relax Yin Yoga	Emese	Fitness 9.30-12	<b>05-mei</b>	10-11	Power Pump	Augusto
	11-12	Hatha Yoga Flow	Nadine			11-11.30	Body Fit Low	Augusto