

Zomerrooster 2021

Classic Room

| Maandag | Dinsdag | Woensdag | Donderdag | Vrijdag | Zaterdag | Zondag |
|---------------------------------------|---------------------------------------|-------------------------------------|----------------------------------|-------------------------------------|----------------------------------|----------------------------------|
| 09:00 - 09:30 GRIT Strength | 17:00 - 18:00 Spinning | 09:00 - 10:00 Spinning | 09:00 - 10:00 BodyJam | 08:45 - 09:45 BodyPump | 09:00 - 10:00 Tone | 09:30 - 10:30 BodyPump |
| 09:30 - 10:00 CXWorx | 19:15 - 19:45 GRIT Strength | 11:30 - 12:30 SeniorenFit | 19:00 - 20:00 Spinning | 10:00 - 11:00 Spinning | 10:15 - 11:15 Spinning | |
| 10:15 - 11:15 Spinning | 20:00 - 21:00 BodyJam | 19:00 - 20:00 BodyStep | 20:15 - 21:15 Tone | 11:30 - 12:30 SeniorenFit | | |
| 11:30 - 12:30 SeniorenFit | | 20:00 - 21:00 BodyPump | | | | |
| 19:00 - 19:30 CXWorx | | | | | | |
| 19:30 - 20:00 GRIT Cardio | | | | | | |
| 20:15 - 21:15 Spinning | | | | | | |

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Exhale

| Maandag | Dinsdag | Woensdag | Donderdag | Vrijdag | Zaterdag | Zondag |
|------------------------------------|--------------------------------------|--------------------------------------|----------------------------------|------------------------------------|----------|--------------------------------------|
| 09:30 - 10:30 Hatha Yoga | 10:00 - 11:00 Pilates | 10:00 - 11:00 Body Balance | 10:00 - 11:00 Pilates | 10:00 - 11:00 Yoga Do-In | | 10:30 - 11:30 Body Balance |
| 10:45 - 11:45 Yin Yoga | 19:00 - 20:00 Body Balance | | 11:00 - 12:00 Pilates | 11:15 - 12:15 Yoga Do-In | | |
| 19:00 - 20:00 Yoga Do-In | | | 19:00 - 20:00 Yin Yoga | | | |
| 20:15 - 20:15 Yoga Do-In | | | | | | |

Gewoon bij de Geus • sporten

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