

Go For It Wellness lesrooster



maandag	Dojo	Aerobic	RPM
09.00	Flow	LESMILLS BODYPUMP	
10.15			
14.00		Keep fit	
17.30	Flow		
18.30	Karate	ZUMBA	
19.00			
20.00	Kicks	Kickboksen	LESMILLS RPM

dinsdag	Dojo	Aerobic	RPM
09.15	Flow		
10.00			
14.00			
18.30			
19.00		LESMILLS BODYPUMP	
19.30			
20.00	Flow	ZUMBA	LESMILLS RPM

woensdag	Dojo	Aerobic	RPM
09.00	Brisk walk Flow	LESMILLS BODYPUMP	LESMILLS RPM
10.00		Keep fit	
14.00			
17.30	Flow		
19.00		Spartacus	LESMILLS RPM
19.30		LESMILLS CX30/CXWORX	
20.00		BOOY COMBAT	Spartacus Girls only!
20.45	BBB		

Donderdag	Dojo	Aerobic	RPM
09.00	Flow		
10.00			
14.00			
18.30			
19.00		LESMILLS BODYPUMP	
19.30			
20.00	Flow	SH'BAM	LESMILLS RPM

vrijdag	Dojo	Aerobic	RPM
09.00			LESMILLS RPM
10.00		LESMILLS CX30/CXWORX	
14.00			
18.30			
19.45		Karate	
19.30			
20.00		Kickboksen	

zaterdag	Dojo	Aerobic	RPM
10.00			
12.00*	Flow		
zondag	Dojo	Aerobic	RPM
10.00		LESMILLS BODYPUMP	
11.00			LESMILLS RPM

*Flow yoga op de zaterdag alleen in de even weken.

Volwassenen rooster



maandag	Dojo	Aerobic	RPM
15.45			
16.30		Streetdance	
17.30		Streetdance	
18.45			
19.45			
20.45			

donderdag	Dojo	Aerobic	RPM
15.45			
16.45			
17.45		Hip-Hop	
18.45			
19.45			
20.45			

dinsdag	Dojo	Aerobic	RPM
15.45	Judo		
16.45	Judo		
17.45		Hip-Hop	
18.45			
19.45			
20.45			

vrijdag	Dojo	Aerobic	RPM
15.45	Judo		
16.45	Judo		Kidsdance
17.45	Karate		Selectie tr.
18.45	Karate		Selectie tr.
19.45			
20.45			

woensdag	Dojo	Aerobic	RPM
15.45	Muey Thai		
16.30			
17.45			
18.45			
19.00	Karate		
20.45			

Jeugd rooster