

|           |               |                   |
|-----------|---------------|-------------------|
| MAANDAG   | 09.00 – 10.00 | Step & Shape      |
|           | 09.00 – 10.00 | Spinning          |
|           | 10.00 – 10.15 | Buikspierkwartier |
|           | 10.15 – 11.15 | Bodybalance       |
|           | 14.00 – 15.00 | 60Fit             |
|           | 18.40 – 19.40 | Bodypump          |
|           | 19.30 – 20.30 | Pilates           |
|           | 19.45 – 20.45 | Bodyshape         |
|           | 20.00 – 21.00 | Spinning          |
|           | 20.30 – 21.30 | Hatha Yoga        |
|           | 20.45 – 22.00 | TACOYO            |
| DINSDAG   | 09.00 – 10.00 | Bodyshape         |
|           | 09.00 – 10.00 | Pilates           |
|           | 18.00 – 18.30 | GRIT Strength     |
|           | 18.40 – 19.40 | Bodycombat        |
|           | 19.30 – 20.30 | Spinning          |
|           | 19.45 – 20.45 | Bodypump          |
|           | 20.45 – 21.45 | Hatha Yoga        |
| WOENSDAG  | 09.00 – 10.00 | Bodypump          |
|           | 09.00 – 10.00 | Hatha Yoga        |
|           | 18.45 – 19.45 | Pilates           |
|           | 19.30 – 20.30 | Bootcamp          |
|           | 19.45 – 20.15 | GRIT Cardio       |
|           | 19.45 – 20.45 | Bodybalance       |
|           | 20.00 – 21.00 | Spinning          |
|           | 20.20 – 20.50 | GRIT Strength     |
| DONDERDAG | 09.00 – 10.00 | Bodypump          |
|           | 10.00 – 10.15 | Buikspierkwartier |
|           | 14.00 – 15.00 | 60Fit             |
|           | 19.30 – 20.30 | Spinning          |
|           | 19.45 – 20.45 | Bodyshape         |
|           | 19.45 – 20.45 | Bodybalance       |
|           | 20.45 – 21.45 | Dance             |
|           | 21.00 – 22.00 | Circuit           |
| VRIJDAG   | 09.00 – 10.00 | Bodyshape         |
|           | 09.00 – 10.00 | Hatha Yoga        |
|           | 10.15 – 11.15 | Spinning          |
|           | 18.45 – 19.45 | Pilates           |
|           | 19.00 – 20.00 | Bodypump          |
| ZATERDAG  | 09.30 – 10.30 | Bootcamp          |
|           | 09.30 – 10.30 | Pilates           |
|           | 10.00 – 11.00 | Bodycombat        |
| ZONDAG    | 09.30 – 10.30 | Bodypump          |
|           | 09.30 – 10.30 | Spinning          |
|           | 09.30 – 10.30 | Bootcamp          |
|           | 10.00 – 11.00 | Dru Yoga          |

#### OPENINGSTIJDEN:

|           |               |               |
|-----------|---------------|---------------|
| MAANDAG   | 08.30 – 12.00 | 15.00 – 22.00 |
| DINSDAG   | 08.30 – 12.00 | 15.00 – 22.00 |
| WOENSDAG  | 08.30 – 12.00 | 15.00 – 22.00 |
| DONDERDAG | 08.30 – 12.00 | 15.00 – 22.00 |
| VRIJDAG   | 08.30 – 12.00 | 15.00 – 21.00 |
| ZATERDAG  | 08.30 – 12.00 | -             |
| ZONDAG    | 08.30 – 12.00 | -             |

Let goed op! Vanaf maandag 22 augustus starten we weer met ons reguliere lesrooster. Vanaf de tweede week van augustus staat dit reguliere rooster op de site en is het verkrijgbaar aan de balie.

WIJ WENSEN JULLIE EEN GEZELLIGE,  
ZONNIGE EN SPORTIEVE ZOMER TOE.  
TEAM ACTIONCENTER HOOGLAND



Maandag 11 juli 2016 t/m zondag 21 augustus 2016

# ZOMERLESROOSTER 2016

