



MY MOVE
SPORT.VOEDING.LIFESTYLE

LESROOSTER

Groepslessen

Geldig vanaf 3 februari 2025
(onder voorbehoud)

MA

 PUMP 09.00 Zaal 1	 XCORE 10.00 Zaal 1	 QI GONG YOGA 10.00 Zaal 4	 PILATES 11.00 Zaal 4	 PILATES 19.00 Zaal 4	 PUMP 19.00 Zaal 1	 HYROX 20.00 fitness	 BODYSHAPE 20.30 Zaal 1
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DI

 BODYSHAPE 09.00 Zaal 1	 PILATES 10.00 Zaal 1	 YIN-YANG YOGA 11.00 Zaal 1	 PUMP 19.00 Zaal 1	 BOKSEN 20.00 Zaal 1	 HYROX 20.00 fitness
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WO

 PUMP 09.00 Zaal 1	 PILATES 10.00 Zaal 1	 B-KICK 19.00 Zaal 1	 PUMP 20.00 Zaal 1
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DO

 MY DANCE 09.00 Zaal 1	 PILATES 10.00 Zaal 1	 PILATES 11.00 Zaal 1	 PILATES 19.00 Zaal 5	 XCORE 19.00 Zaal 1	 BODYBALANCE 20.00 Zaal 1	 HYROX 20.00 fitness
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VRIJ

 PUMP 09.00 Zaal 1	 HYROX 09.00 fitness	 XCORE 10.00 Zaal 1	 PILATES 10.00 Zaal 4	 DO-IN YOGA 11.00 Zaal 4
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ZA

 PUMP 09.00 Zaal 1	 BODYBALANCE 10.00 Zaal 1	 BOKSEN 11.00 Zaal 1	 HYROX 11.00 fitness
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 CIRCUIT TRAINING 10.00 fitness
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