

**groepslessenrooster vanaf 15 juni 2019**

Dag	Geopend	Aerobiczaal	Spinning	Fitness begeleiding
<b>MAANDAG</b> Kinderopvang	07:00-22:00 08:45-11:30	08:00 Pilates MenOnly 09:00 Bodyshape 10:00 Buikkwartier 10:15 Pilates 11:15 Easyshape 19:00 Power Pilates 20:00 PowerPump	09:00      20:00	09:00-13:00 09:00 Circuit     18:00-22:00
<b>DINSDAG</b>	08:30-22:00	09:00 Step&Shape 10:15 Pilates <i>gevorderd</i> 15:00 judo tot 18:45 19:00 Bodyshape 20:00 KickFit	     19:30	09:00-13:00 10:00 Circuit    18:00-22:00
<b>WOENSDAG</b> Kinderopvang	08:00-22:00 08:45-11:30	08:00 Pilates MenOnly 09:00 PowerPump 09:30 Aquafit 10:00 Buikkwartier 10:15 Pilates <i>beginners</i> 19:00 Pilates 20:00 CrossPower	09:00      20:00	09:00-13:00      18:00-22:00
<b>DONDERDAG</b>	08:30-22:00	09:00 Yoga 10:15 Step&Shape 19:15 PowerPump	      	09:00-13:00 09:00 circuit 18:00-22:00
<b>VRIJDAG</b> Kinderopvang	08:00-21:00 08:45-11:30	09:00 Bodyshape 09:30 Aquafit 10:00 Buikkwartier 10:15 Pilates 15:00 judo tot 18:45	09:00      	09:00-13:00 09:00 circuit 12:00 S Group 18:00-21:00
<b>ZATERDAG</b> Kinderopvang	08:30-14:00 09:15-11:15	09:30 PowerPump	09:30	
<b>ZONDAG</b> Kinderopvang	08:30-15:00 08:45-12:00	09:00 CrossPower 10:00 Buikkwartier 10:15 Bodyshape 11:30 Yoga	09:00	10:00-15:00

**Family Fitness, Schapendrift 62, Laren tel: 035-5386141**