

Groepslessen volwassenen

programma 2022-2023

MAANDAG

| | | | |
|-------------|---------------------|--------|------|
| 09u00-10u00 | Zumba Toning | Lesley | PZ 1 |
| 10u00-11u00 | BBB | Lesley | PZ 1 |
| 11u00-12u00 | Dansmix 55+ | Anne | PZ 1 |
| 20u00-21u00 | BBB | Lies | PZ 1 |
| 21u00-22u00 | BBB | Lies | PZ 1 |

DINSDAG

| | | | |
|-------------|---------------------|----------|------|
| 19u00-20u00 | BBB | Nancy | PZ 1 |
| 20u00-21u00 | Stepaerobics | Kimberly | PZ 1 |
| 21u00-22u00 | Fat Burner | Kimberly | PZ 1 |

NEW

WOENSDAG

| | | | |
|-------------|---|----------|------|
| 09u00-10u00 | Yogilates | Karolien | PZ 1 |
| 10u00-11u00 | Yogilates | Karolien | PZ 1 |
| 11u00-12u00 | Aerobics 50+ | Anne | PZ 1 |
| 20u00-21u00 | Rugtraining & Core Stability | Anna | PZ 1 |
| 21u00-22u00 | Cardio Core work-out | Anna | PZ 1 |

NEW

NEW

DONDERDAG

| | | | |
|-------------|---|---------|------|
| 19u00-20u00 | Rugtraining & Core Stability | Michael | PZ 1 |
| 20u00-21u00 | BBB | Lies | PZ 1 |
| 20u00-21u00 | Animal Flow | Michael | PZ 2 |
| 21u00-22u00 | BBB | Lies | PZ 1 |

VRIJDAG

| | | | |
|-------------|---------------------|--------|------|
| 09u00-10u00 | Stepaerobics | Lesley | PZ 1 |
| 10u00-11u00 | BBB | Lesley | PZ 1 |
| 10u00-11u00 | GGym | Sophie | PZ 2 |

Welkom voor een gratis proefles!