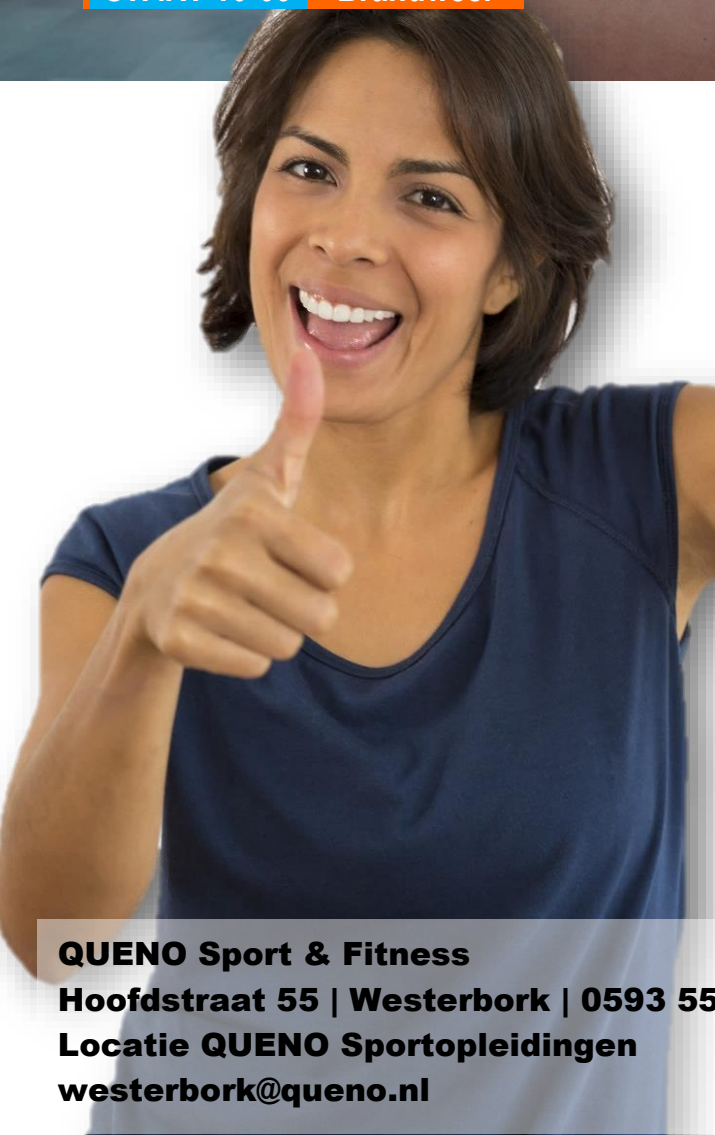


NIEUW: Get in shape!
Love music, ab's, aerobic, shape
& want a nice body? 44,- p.m.
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MA/MON	DI/TUE	WOE/WED	DO/THU	ZAT/SAT	ZON/SUN
08.45-09.30 Crossgym*	09.00-09.45 Total Body		09.00-10.00 BBB	09.00-10.00 BBB	
	09.45-10.30 Pilates		10.00-10.45 55+Fit	09.00-12.00 OPEN BOX*	09.00-12.00 OPEN BOX*
	10.00-10.45 55+Fit			MindFit Meer dan Mindfulness... Effectief stress verlagen. 19, 26 sept, 3, 10 okt. €46,- (Lid €26,-)	
19.00-20.00 Crossgym*	17.00-18.00 Crossgym*	19.00-20.00 Crossgym*	19.00-20.00 Crossgym*		
19.00-20.15 Power Yoga	19.00-19.45 Pilates	19.30-20.30 HathaYoga	19.00-20.00 Kickboxing	Yin Yoga Mobiliteit, herstel bind weefsel, lenigheid en ontspanning. 31-10, 7, 14, 21-11 €26,- (Lid gratis)	
20.15-21.00 Get in shape START 10-09	19.00-20.00 Crossgym Brandweer	20.30-21.30 YIN/MindFit*			

*Crossgym smallgroup | max. 8 deelnemers



MON/MA	FITNESS 08.30-11.30 16.00-21.30	OPEN BOX 09.30-11.30 16.00-19.00 20.00-21.30
TUE/DI	FITNESS 08.30-11.30 16.00-21.30	OPEN BOX 08.30-11.30 16.00-19.00
WED/WOE	FITNESS ochtend 16.00-21.30	OPEN BOX gesloten 16.00-19.00
THU/DON	FITNESS 08.30-11.30 16.00-21.30	OPEN BOX 09.00-11.00 16.00-19.00
FRI/VRIJ	FITNESS 09.00-11.30 16.00-20.00	OPEN BOX 09.00-11.30 16.00-20.00
SAT/ZAT	FITNESS 09.00-12.00	OPEN BOX 09.00-12.00
SUN/ZON	FITNESS 09.00-12.00	OPEN BOX 09.00-12.00

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