

# LESROOSTER V.A. 1 NOVEMBER 2023

		Aerobiczaal		funxionzaal/spinning		Yogazaal	
<b>Maandag</b>	09:00	<b>Piloxing Barre</b>	Anneloes				
	10:15	<b>Bodyshape</b>	Gio	<b>Spinning</b>	Daisy	<b>Yoga</b>	Antoinette
	11:00			<b>Circuit</b>	John		
	17:00						
	18:00	<b>Body Pump</b>	Sierd				
	19:00	<b>Zumba</b>	Brigitte				
	19:30			<b>Crazy Workout</b>	Michael/Nadia	<b>Yoga</b>	Alberta
	20:00	<b>Jumping</b>	Diana				
<b>Dinsdag</b>	09:00	<b>B.B.B.</b>	Angela				
	10:15					<b>Pilates</b>	Antoinette
	18:00						
	19:00	<b>Bodypump</b>	Ivo				
	19:30			<b>Spinning</b>	Delilah		
	20:00	<b>BRN* v.a. januari</b>	Joyce				
<b>Woensdag</b>	09:00	<b>Zumba</b>	Magareth	<b>Circuit</b>	John		
	10:00					<b>Yoga</b>	Anneloes
	11:15					<b>Meditatie</b>	Terence
	17:00			<b>Youth Boothcamp</b>	Ivo		
	18:00	<b>Bodypump</b>	Conny	<b>Youth Boothcamp</b>	Ivo		
	19:00	<b>Zumba</b>	Best				
	20:00	<b>BRN new</b>				<b>Yoga</b>	Alberta
<b>Donderdag</b>	09:00	<b>Work that body</b>	Anneloes				
	10:00	<b>Zumba Gold</b>	Nicole				
	10:15					<b>Yoga</b>	Anneloes
	17:00			<b>Kids Kick Fun</b>	Reguillio		
	19:00						
	19:30			<b>Spinning</b>		<b>Meditatie</b>	Terence
	20:00	<b>Afrodance new</b>					
<b>Vrijdag</b>	09:00	<b>Shape Dance</b>	Gio			<b>Easy Flow Yc</b>	Nicole
	09:30			<b>FunXion</b>	John		
	10:15			<b>FW Spinning</b>	Esther	<b>Yoga</b>	Nicole
	15:30	<b>Zumba kids</b>	Lisa				
	19:30	<b>SPECIAL PER MAAND VOLG SM*</b>					
<b>Zaterdag</b>	09:00	<b>Booty Pump</b>	Anneloes&Nadia				
	09:30			<b>Spinning</b>	Delilah		
	10:00	<b>Barbell Extreme</b>	Rob of Ivo				
	11:30	<b>Zumba</b>	Brigitte				
<b>Zondag</b>	09:00			<b>B.K.A.*</b>	Michael	<b>Hatha Yoga</b>	Silvana
	10:00	<b>Piloxing Knock Out</b>	Nadia				
	11:00	<b>Body Pump</b>	Ivo				
	12:00			<b>Spinning</b>	Esther		
	13:00			<b>Youth Boothcamp</b>	Ivo	<b>Meditatie</b>	Terence

\*]B.K.A om de week

\*] BRN dinsdag v.a. 1 januari 2024

\*] SPECIAL 1x in de maand