



# UURROOSTER

TEENS: 10 - 16j

VOLWASSENEN: 16+



Warredal Neroeteren

vanaf 1 okt

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
		09:30 - 10:30 Body Shape Freija				09:15 - 10:15 Functional Fit Rachelle/Freija
	START TO - Move START TO - Yoga Freija	10:30 - 11:30 Easy Flow Yoga Freija	START TO - Move START TO - Yoga Freija		WORKSHOP	09:15 - 10:15 Spinning Mieke/Freija
18:00 - 19:00 Circuit Training TEENS - Cindy	19:00 - 20:00 Spinning Freija	18:30 - 19:30 Yoga TEENS Renate	18:15 - 19:15 Hatha Yoga Marijke			10:30 - 11:45 Vinyasa Flow Yoga Freija
19:00 - 20:00 Body Power Freija	19:00 - 20:00 Body Shape Renate	18:30 - 19:30 Vinyasa Flow Yoga Anne	19:15 - 20:15 Body Shape Mieke			
20:00 - 21:00 Step Aerobics L3 Freija	20:00 - 21:00 Yin Yoga Renate	19:30 - 20:30 Step Dance TEENS Renate	20:15 - 21:15 Spinning Mieke	WORKSHOP		
		19:30 - 20:30 Step Aerobics L1 Kelly	20:15 - 21:15 Functional Fit Rachelle			
		20:30 - 21:30 Step Aerobics L2 Kelly	20:15 - 21:15 Bootcamp Outdoor Claudia			