

Groepslesrooster

| Parkeerplaats | Groepsleszaal | Baan 10 |
|-------------------------|------------------------|---------------------------|
| maandag | | |
| 9:30 Pilates | 18:30 Jeugdfitness | 9:30 Fitcircuit |
| 11:15 Senioren Fitness | 20:00 Bodyshape | 19:00 Small Group Workout |
| 19:00 Fitcircuit | | 20:00 Small Group Workout |
| | | 21:00 Small Group Workout |
| Dinsdag | | |
| 12:00 Kettlebell | 9:30 Yin Yoga | 9:30 Fitcircuit |
| 19:00 Fitcircuit | 20:00 Zumba | 17:30 Small Group Workout |
| Woensdag | | |
| 9:30 Total Body Workout | 8:30 Pilates | 17:00 Small Group Workout |
| 10:30 Seniorenfitness | 18:30 Jeugdfitness | 18:30 Small Group Workout |
| 11:15 Seniorenfitness | 19:00 Poweryoga | 19:30 Small Group Workout |
| 20:15 Cardioboksen | | |
| Donderdag | | |
| 19:30 Bodyshape | 18:30 Jeugdfitness | 9:30 Fitcircuit |
| | 19:30 Fitcircuit | 10:00 Fitcircuit |
| | | 17:00 Small Group Workout |
| | | 20:45 Small Group Workout |
| Vrijdag | | |
| 8:15 Fitcircuit | | |
| 9:30 Total Body Workout | | |
| 10:45 Seniorenfitness | | |
| Zaterdag | | |
| 9:30 Activitywalk* | 9:00 Yoga | |
| 10:15 Zumba | 10:00 Ons Tweede Thuis | |
| | 11:15 Steps | |
| Zondag | | |
| 11:00 Cardioboksen | 9:00 Jeugdfitness | |

*Activitywalk vindt plaats in het Haarlemmermeerse bos bij Pappa's Beachhouse