

GROEPSLESSEN THEO MEIJER SPORT LEUSDEN - vanaf 1 APRIL 2018

30 minuten / Faster Fit

MAANDAG	Z	DINSDAG	Z	WOENSDAG	Z	DONDERDAG	Z	VRIJDAG	Z	ZATERDAG	Z	ZONDAG	Z
				9:15									
				LES MILLS sprint	S								
				9:30				9:30					
				LES MILLS GRIT	2			LES MILLS GRIT	2				
10:00		10:00		10:00		10:00		10:00					
LES MILLS CXWORX	2	LES MILLS CXWORX	2	LES MILLS CXWORX	2	LES MILLS CXWORX	2	LES MILLS CXWORX	2				
		18:30				18:30							
		LES MILLS GRIT	2			LES MILLS CXWORX	2						
		19:00				19:00							
		LES MILLS CXWORX	2			LES MILLS GRIT	2						
						LES MILLS sprint	S						
20:45													
LES MILLS sprint	S												

45

				20:30		20:00							
				LES MILLS SH'BAM	1	LES MILLS BODYATTACK							

55 minuten

9:00		9:00		9:00		9:00		9:00		9:00		9:00	
LES MILLS BODYPUMP	1	LES MILLS RPM	S	SCULPTURE SHAPE	1	LES MILLS BODYPUMP	1	LES MILLS RPM	S	LES MILLS RPM	S	LES MILLS RPM	S
PILATES	2					PILATES			1	LES MILLS BODYCOMBAT	1	YOGA	2
9:00		10:00		10:00		10:00		10:00				10:00	
FIFTY FIT	B2	SHAPE	1	LES MILLS BODYPUMP	1	SHAPE	1	LES MILLS BODYBALANCE	1			LES MILLS BODYBALANCE	1
				SPIN-50-FIT	S							BOKS & KICKFIT	2
10:00								10:30				10:30	
LES MILLS BODYBALANCE								BOKS & KICKFIT	2			SPIN-INN	S
												11:00	
													2
17:30		18:00											
STREETDANCE 9+	2	LES MILLS RPM	S										
18:15				18:15									
BOKS & KICKFIT	2			BOKS & KICKFIT	2								
					1								
18:45													
LES MILLS RPM	S												
19:00		19:00				19:00		19:00					
LES MILLS BODYPUMP	1	LES MILLS BODYCOMBAT	1			LES MILLS BODYJAM	1	LES MILLS BODYPUMP	1				
19:15				19:15									
LES MILLS BODYVIVE 3.1	2			LES MILLS BODYPUMP	1								
				LES MILLS BODYBALANCE	2								
19:45		19:45		19:45		19:45							
LES MILLS RPM	S	LES MILLS RPM	S	LES MILLS RPM	S	LES MILLS RPM	S						
		SCULPTURE SHAPE	2										
20:00		20:00						20:00					
LES MILLS BODYATTACK	1		1					BOKS & KICKFIT	2				
20:15				20:15									
BOKS & KICKFIT	2			STEP FIT	2								
		21:00		21:00									
		LES MILLS BODYBALANCE	1	LES MILLS RPM	S								

Geopend Ma - Vr
7:15 - 24:00
Zaterdag 8:00 - 18:00
Zondag 8:30 - 23:00

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One life, live it well

1=grote zaal boven 2=zaal naast fitness S=spinningzaal boven B=budozaal