

Onderdeel	Opmerking	Dag	Begin	Eind	Wie
Pilates		Ma	08.30	09.30	Brigitte
Pilates		Ma	09.45	10.45	Brigitte
Pilates		Ma	11.00	12.00	Brigitte
Pilates		Ma	18.30	19.30	Brigitte
Body & Mind		Ma	19.45	21.00	Brigitte
BodyPilates		Di	08.30	09.30	Brigitte
Pilates		Di	09.45	10.45	Brigitte
BodyPilates	65+	Di	11.00	12.00	Brigitte
Pilates		Di	18.30	19.30	Esther
Pilates		Di	19.45	20.45	Esther
BodyShape		Wo	08.30	09.30	Brigitte
Pilates		Wo	09.45	10.45	Brigitte
Pilates		Wo	11.00	12.00	Brigitte
BodyCircuit		Wo	18.00	19.00	Amy
BodyShape		Wo	19.15	20.15	Britt
Body Flow Yoga		Wo	20.30	21.30	Amy
Pilates	Heren	Do	08.45	09.45	Brigitte
Body & Mind		Do	10.00	11.15	Brigitte
Body Total	65+	Do	11.30	12.30	Brigitte
Pilates		Do	18.00	19.00	Brigitte
BodyShape		Do	19.15	20.15	Brigitte
Pilates		Do	20.30	21.30	Brigitte
Pilates		Vr	08.45	09.45	Brigitte
Body Flow Yoga		Vr	10.00	11.00	Amy
Body Power Yoga		Vr	11.15	12.15	Amy
BodyShape		Za	09.00	10.00	Britt

Betekenis kleuren

Pilates
BodyShape
Body & Mind
BodyPilates
Body Total
BodyCircuit
Yoga

Brigitte
Britt
Esther
Amy