

| 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 (beginners) | | Di | 09.45 | 10.45 | Brigitte |
| BodyPilates | 70+ | Di | 11.00 | 12.00 | Brigitte |
| Pilates | | Di | 18.30 | 19.30 | Mandy |
| Pilates | | Di | 19.45 | 20.45 | Mandy |
| BodyShape | | Wo | 08.30 | 09.30 | Brigitte |
| Pilates | | Wo | 09.45 | 10.45 | Brigitte |
| Pilates (beginners) | | Wo | 11.00 | 12.00 | Brigitte |
| BodyShape | | Wo | 19.00 | 20.00 | 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 |
| Pilates | | Do | 18.00 | 19.00 | Amy |
| BodyShape | | Do | 19.15 | 20.15 | Linda |
| Pilates | | Do | 20.30 | 21.30 | Amy |
| Pilates | | Vr | 08.45 | 09.45 | Amy |
| Body Flow Yoga | | Vr | 10.00 | 11.00 | Amy |
| BodyMix | | Za | 09.00 | 10.00 | Amy |
| Yoga voor beginners | | Za | 10.15 | 11.15 | Amy |

| Betekenis kleuren |
|-------------------|
| Pilates |
| BodyShape |
| Body & Mind |
| BodyPilates |
| Yoga |
| BodyMix |
| |
| Brigitte |
| Britt |
| Mandy |
| Amy |
| Linda |