

Onderdeel	Opmerking	Dag	Begin	Eind	Wie
Pilates		Ma	08.30	09.30	Lena
Pilates		Ma	09.45	10.45	Lena
Pilates		Ma	11.00	12.00	Lena
Pilates		Ma	18.30	19.30	Lena
Body & Mind		Ma	19.45	21.00	Lena
BodyShape		Di	08.30	09.30	Sofieke
BodyControl		Di	09.45	10.45	Sofieke
Senior BodyFit	70+	Di	11.00	12.00	Sofieke
Pilates		Di	18.30	19.30	Mandy
Pilates		Di	19.35	20.35	Mandy
Total Body Workout		Wo	08.30	09.30	Sofieke
BodyControl		Wo	09.45	10.45	Sofieke
BodyControl		Wo	11.00	12.00	Sofieke
BodyShape		Wo	19.00	20.00	Britt
Body Flow Yoga		Wo	20.15	21.15	Amy
Pilates	Heren	Do	08.45	09.45	Lena
Body & Mind		Do	10.00	11.15	Lena
Pilates	Vanaf najaar 2025	Do	18.30	19.30	Brigitte
Pilates		Do	20.00	21.00	Lena
Pilates		Vr	08.45	09.45	Amy
BodyMix	Vanaf najaar 2025	Vr	10.00	11.00	Amy
BodyMix		Za	09.00	10.00	Amy

Betekenis kleuren
Pilates
BodyShape
BodyControl
Total Body Workout
Body & Mind
BodyMix
Senior BodyFit
Body Flow Yoga

Sofieke
Britt
Mandy
Amy
Lena
Brigitte