

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	Annemiek
Pilates		Di	09.45	10.45	Annemiek
Senior BodyFit	70+	Di	11.00	12.00	Annemiek
Pilates		Di	18.30	19.30	Mandy
Pilates		Di	19.35	20.35	Mandy
Total Body Workout		Wo	08.30	09.30	Annemiek
Pilates		Wo	09.45	10.45	Annemiek
Pilates		Wo	11.00	12.00	Brigitte
BodyShape		Wo	19.00	20.00	Britt
Body Flow Yoga		Wo	20.15	21.15	Annemiek
Pilates	Heren	Do	08.45	09.45	Lena
Body & Mind		Do	10.00	11.15	Lena
Pilates		Do	18.30	19.30	Brigitte
Pilates		Do	20.00	21.00	Lena
Pilates		Vr	08.45	09.45	Amy
BodyMix		Za	09.00	10.00	Amy

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

Annemiek
Britt
Mandy
Amy
Lena
Brigitte