

LES MILLS STUDIO

	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
OCHTEND	09:00 – 09:45 BODYPUMP	09:15 – 09:45 GRIT STRENGTH	09:00 – 09:45 STUDIO BOOTY	08:45 – 09:30 BODYPUMP	09:00 – 09:45 BODYPUMP	09:30 – 10:15 BODYPUMP	10:15 – 11:15 BODYATTACK
	10:00 – 10:45 BODYPUMP		10:00 – 10:45 BODYPUMP		10:00 – 10:45 STUDIO BOOTY		11:30 – 12:30 BODYPUMP
MIDDAG	16:45 – 17:30 STUDIO BOOTY				12:30 – 13:00 GRIT STRENGTH		
AVOND	17:45 – 18:30 BODYPUMP	17:00 – 17:45 DANCE	17:00 – 17:45 BODYPUMP				
	19:00 – 19:30 GRIT	18:00 – 18:30 GRIT STRENGTH	18:00 – 18:45 BODYATTACK	17:45 – 18:30 BODYPUMP	17:30 – 18:15 BODYPUMP		
		19:15 – 20:00 BODYPUMP	19:00 – 19:30 GRIT	19:00 – 19:45 DANCE			
			20:00 – 21:00 BODYPUMP				

PLAZA / STUDIOS

YOGA STUDIO

	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
	07:15 – 08:45 ASHTANGA	07:15 – 08:45 ASHTANGA	07:15 – 08:45 ASHTANGA	07:15 – 08:45 ASHTANGA	07:15 – 08:45 ASHTANGA		
OCHTEND	09:00 – 09:45 YOGA BASICS	09:00 – 09:45 YOGA SLOW FLOW	09:00 – 09:45 YOGA BASICS	09:00 – 09:45 YOGA SLOW FLOW	09:00 – 09:45 YOGA SLOW FLOW	09:15 – 10:00 YOGA SLOW FLOW	
		10:00 – 10:45 PILATES	10:00 – 10:45 BODYBALANCE	10:00 – 10:45 PILATES	10:00 – 10:45 YOGA STRONG FLOW	10:15 – 11:00 YOGA RECHARGE	
	11:00 – 11:45 BODYBALANCE					11:30 – 12:15 BODYBALANCE	11:00 – 11:45 YOGA STRONG FLOW
MIDDAG	13:00 – 13:45 PILATES						13:00 – 13:45 PILATES
AVOND			17:00 – 17:45 PILATES				
	18:00 – 18:45 BODYBALANCE		18:00 – 18:45 YOGA STRONG FLOW	18:00 – 18:45 PILATES			
	19:00 – 19:45 YOGA STRONG FLOW	19:00 – 19:45 RECHARGE YOGA	19:00 – 19:45 YOGA RECHARGE	19:00 – 19:45 YOGA STRONG FLOW			
	20:00 – 20:45 YOGA RECHARGE	20:00 – 20:45 BODYBALANCE					

PLAZA / STUDIOS

HIT STUDIO

	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
OCHTEND	09:00 – 09:45 HIT45			09:00 – 09:45 HIT45	09:00 – 09:45 HIT45	09:30 – 10:15 HIT45	
				10:00 – 10:45 KICK 'N HIT	10:00 – 10:45 KICK 'N HIT	10:30 – 11:30 BODYCOMBAT	
MIDDAG							
AVOND	17:45 – 18:30 HIT45	17:45 – 18:30 KICK 'N HIT	17:45 – 18:30 KICK 'N HIT	17:45 – 18:30 HIT45			
	18:45 – 19:30 KICK 'N HIT	18:45 – 19:30 HIT45					
	19:45 – 20:30 BODYCOMBAT		19:30 – 20:30 BODYCOMBAT				

PLAZA / STUDIOS

RIDE STUDIO							
	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
OCHTEND	09:00 – 09:45 CLASSIC RIDE		09:00 – 09:45 CLASSIC RIDE		09:00 – 09:45 CLASSIC RIDE	09:15 – 10:15 CLASSIC RIDE	09:30 – 10:15 CLASSIC RIDE
							10:30 – 11:15 CLASSIC RIDE
MIDDAG							
AVOND	17:45 – 18:30 CLASSIC RIDE	17:45 – 18:30 STUDIO RIDE		17:45 – 18:30 CLASSIC RIDE			
	18:45 – 19:30 STUDIO RIDE		18:45 – 19:30 CLASSIC RIDE	18:45 – 19:30 STUDIO RIDE	18:15 – 19:00 CLASSIC RIDE		
			19:45 – 20:30 CLASSIC RIDE				

PLAZA / STUDIOS

PLAZA POOL & PLAZA OUTDOOR

	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
OCHTEND		09:00 – 09:45 AQUAFIT	09:00 – 09:45 BOOTCAMP		08:45 – 09:30 AQUAFIT	08:30 – 11:30 ZWEMBAD NIET BESCHIKBAAR	
	10:00 – 10:45 AQUAFIT		09:30 – 10:15 AQUAFIT	10:30 – 11:15 AQUAFIT	09:45 – 10:30 AQUAFIT		10:30 – 11:15 AQUAFIT
							11:30 – 12:15 AQUAFIT
MIDDAG			15:00 – 18:00 ZWEMBAD NIET BESCHIKBAAR			10:30 – 11:30 BOOTCAMP	
AVOND							
	19:30 – 20:15 AQUAFIT						
	19:45 – 20:45 BOOTCAMP		19:30 – 20:15 AQUAFIT				

PLAZA / STUDIOS