

Regulier rooster Groepslessen

| | 9.15 – 10.15 | 10.15 – 11.15 | 19.00 – 20.00 | 20.00 – 21.00 | 21.00 – 22.00 |
|------------------|---------------------------------|----------------|----------------|---------------|---------------|
| Maandag | * Total body | * Body shape | * Steps | * Body shape | * Zumba |
| Dinsdag | | | * Body balance | * Zumba | |
| Woensdag | * Steps | * Body balance | | | |
| Donderdag | | | * Steps | * Total body | |
| Vrijdag | * Fun2Move XL * Body Balance | * Zumba | * Zumba | * Zumba | * Zumba |