Lesrooster
(Hoofdrooster)
Delft

Maandag

Pilates	08:30 - 09:30
Pilates	09:30 - 10:30
Total Body Aerobic	10:30 - 11:30
Les Mills BodyPump	16:30 - 17:30
Les Mills BodyPump	17:30 - 18:30
Zumba	18:30 - 19:30
Spinning	19:00 - 20:00
Les Mills BodyPump	19:30 - 20:30
Kick Fit	20:30 - 21:30

Dinsdag

Les Mills RPM	09:00 - 10:00
Power Hour	09:15 - 10:15
Yoga	10:30 - 11:30
Les Mills GRIT	17:15 - 17:45
Les Mills GRIT	17:50 - 18:20
Boks training	18:30 - 19:30
Les Mills BodyPump	18:30 - 19:30
Total Body Aerobic	19:30 - 20:30
Les Mills RPM	19:30 - 20:30
Les Mills CXWORX	20:30 - 21:00
Les Mills BodyAttack	21:00 - 22:00

Woensdag

Fit & Fun	08:30 - 09:30
Fit & Fun	09:30 - 10:30
Balance Yoga	10:30 - 11:30
KIDS bokszak training 8-12 jaar	15:00 - 16:00
KIDS bokszak training 13-17 jaar	16:00 - 17:00
Yoga	17:30 - 18:30
Bokszak training	18:30 - 19:30
Zumba	18:30 - 19:30
Hardloop training	19:00 - 20:00
Les Mills BodyCombat	19:30 - 20:30
Les Mills RPM	19:30 - 20:30
Steps Total Body	20:30 - 21:30

Donderdag

Les Mills GRIT	09:00 - 09:30
Les Mills BodyPump	09:30 - 10:30
Kick Fit	18:00 - 19:00
Power Core	19:00 - 20:00
Spinning	20:00 - 21:00
Balance Yoga	20:00 - 21:00
Les Mills GRIT	21:00 - 21:30

Vrijdag

Les Mills BodyPump	08:30 - 09:30
Les Mills BodyPump	09:30 - 10:30
Balance Yoga	10:30 - 11:30
Spinning	10:30 - 11:30
Total Body Aerobic	18:00 - 19:00
Zumba	19:00 - 20:00
Les Mills RPM	20:00 - 21:00
Les Mills BodyPump	20:00 - 21:00

Zaterdag

Les Mills GRIT	09:00 - 09:30
Total Body Aerobic	09:30 - 10:30

Lesrooster
(Hoofdrooster)
Delft

Zaterdag

Outdoor Cardio	09:30 - 10:30
Les Mills RPM	09:30 - 10:30
Zumba	10:30 - 11:30
Les Mills CXWORX	11:30 - 12:00
Les Mills BodyAttack	12:00 - 13:00

Zondag

Les Mills BodyPump	09:30 - 10:30
Les Mills RPM	09:30 - 10:30
Steps Total Body	10:30 - 11:30
Bokszak training	11:30 - 12:30
Les Mills BodyPump	11:30 - 12:30