

**groepslessenrooster m.i.v. 5 september 2022**

Dag	Geopend	Aerobiczaal	Spinning	Fitness begeleiding
MAANDAG	08:00-22:00	08:00 Pilates 09:00 Bodyshape 10:00 Buik 10 minuten 10:15 Pilates 11:15 Easyshape 19:00 Pilates 20:00 Power Pump	9:00    20:00	09:00-13:00    18:00-22:00
DINSDAG	08:00-22:00	09:00 Step 10:15 Pilates 19:00 HIIT 20:30 Yoga	19:30	09:00-13:00 10:00 Circuit 18:30-22:00
WOENSDAG	08:00-22:00	09:00 PowerPump 09:30 Aquafit 10:15 Pilates 19:00 Pilates 20:00 CrossPower	08:00   20:00	08:30-12:30   18:00-22:00
DONDERDAG	08:00-22:00	09:00 Yoga 10:00 Sportief wandelen 19:00 BodysShape 20:00 Stretch en flex		09:00-13:00  18:00-22:00
VRIJDAG Kinderopvang	08:00-21:00 08:45-11:15	08:00 Pilates 09:00 Bodyshape 09:30 Aqua 10:00 Flex & Shape	09:00	09:00-13:00  18:00-21:00
ZATERDAG	08:30-14:30	09:00 PowerPump	10:00	
ZONDAG	08:30-14:30	09:00 CrossPower 11:00 Yoga	09:00	10.00-14.30

Family Fitness, Schapendrift 62, Laren tel: 035-5386141

[www.familyfitness-laren.nl](http://www.familyfitness-laren.nl)