



Sportcentrum
Nico Jager

ZOMERROOSTER

Week 30

22 juli t/m 28 juli

Maandag 22-7-2024

09:15-10:00		Full Body workout
18:30-19:15		Spinning
19:30-20:15		Bodyshape

Dinsdag 23-7-2024

19:00-20:00		Pilates
20:00-21:00		Zumba

Woensdag 24-7-2024

09:15-10:00		Function
19:30-20:15		Spinning

Donderdag 25-7-2024

09:15-10:00		Function
10:15-11:00		Pilates
18:30-19:20		Junior Fit
19:30-20:20		Bodyshape
20:00-21:00		Boksen budo

Vrijdag 26-7-2024

09:15-10:00		Function
10:15-11:00		Zumba

Zondag 27-7-2024

10:15-11:00		Spinning
11:30-12:30		Yoga

ZOMERROOSTER

Week 31

29 juli t/m 4 aug

Maandag 29-7-2024

09:15-10:00		Full Body workout
18:30-19:15		Spinning
19:30-20:15		Bodyshape

Dinsdag 30-7-2024

19:00-20:00		Pilates
20:00-21:00		Zumba

Woensdag 31-7-2024

09:15-10:00		Function
19:30-20:15		Spinning

Donderdag 1-8-2024

09:15-10:00		Function
10:15-11:00		Pilates
18:30-19:20		Junior Fit
19:30-20:20		Bodyshape
20:00-21:00		Boksen budo

Vrijdag 2-8-2024

09:15-10:00		Function
10:15-11:00		Zumba

Zondag 4-8-2024

10:15-11:00		Spinning
11:30-12:30		Yoga

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Week 32

5 t/m 11 aug

Maandag 5-8-2024

09:15-10:00		Full Body workout
10:15-11:00		Cardiostep
18:30-19:15		Spinning
19:30-20:15		Bodyshape

Dinsdag 6-8-2024

19:00-20:00		Pilates
20:00-21:00		Zumba

Woensdag 7-8-2024

09:15-10:00		Function
19:30-20:15		Spinning

Donderdag 8-8-2024

09:15-10:00		Function
10:15-11:00		Pilates
18:30-19:20		Junior Fit
19:30-20:20		Bodyshape
20:00-21:00		Boksen budo

Vrijdag 9-8-2024

09:15-10:00		Function
10:15-11:00		Zumba

Zondag 11-8-2024

10:15-11:00		Spinning
11:30-12:30		Yoga

ZOMERROOSTER

Week 33

12 t/m 18 aug

Maandag 12-8-2024

09:15-10:00		Full Body workout
10:15-11:00		Cardiostep
18:30-19:15		Spinning

19:30-20:15		Bodyshape
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Dinsdag 13-8-2024

19:00-20:00		Pilates
20:00-21:00		Zumba

Woensdag 14-8-2024

09:15-10:00		Function
19:30-20:15		Spinning

Donderdag 15-8-2024

09:15-10:00		Function
10.15-11.00		Pilates
18:30-19:20		Junior Fit
19:30-20:20		Bodyshape
20:00-21:00		Boksen budo

Vrijdag 16-8-2024

09:15-10:00		Function
10:15-11:00		Zumba

Zondag 18-8-2024

10:15-11:00		Spinning
11:30-12:30		Yoga

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Week 34

19 t/m 25 aug

Maandag 19-8-2024

09:15-10:00		Full Body workout
10:15-11:00		Cardiostep
18:30-19:15		Spinning
19:30-20:15		Bodyshape

Dinsdag 20-8-2024

19:00-20:00		Pilates
20:00-21:00		Zumba

Woensdag 21-8-2024

09:15-10:00		Function
19:30-20:15		Spinning

Donderdag 22-8-2024

09:15-10:00		Function
10.15-11.00		Pilates
18:30-19:20		Junior Fit
19:30-20:20		Bodyshape
20:00-21:00		Boksen budo

Vrijdag 23-8-2024

09:15-10:00		Function
10:15-11:00		Zumba

Zondag 25-8-2024

10:15-11:00		Spinning
11:30-12:30		Yoga

ZOMERROOSTER

Week 35

26 aug t/m 1 sep

Maandag 26-8-2024

09:15-10:00		Full Body workout
10:15-11:00		Cardiostep
18:30-19:15		Spinning
19:30-20:15		Bodyshape

Dinsdag 27-8-2024

19:00-20:00		Pilates
20:00-21:00		Zumba

Woensdag 28-8-2024

09:15-10:00		Function
19:30-20:15		Spinning

Donderdag 29-8-2024

09:15-10:00		Function
10.15-11.00		Pilates
18:30-19:20		Junior Fit
19:30-20:20		Bodyshape
20:00-21:00		Boksen budo

Vrijdag 30-8-2024

09:15-10:00		Function
10:15-11:00		Zumba

Zondag 1-9-2024

10:15-11:00		Spinning
11:30-12:30		Yoga