

Maandag	Dinsdag	Donderdag
A+ 19u – 19.40u Yoga (Floating Board)	A+ 12u – 12.45u Pilates	A+ 10.30u – 11.15u Pilates
19.40u – 20.25u Jogging	12.45u – 13.30u Fitness	A+ 11.15u – 12u Pilates
A+ 20.30u – 21.15u Cyling	A+ 18.40u – 19.25u Pole	A+ 12u – 12.45u Drums
A+ 21.20u – 22u BBB	A+ 19.30u – 20.15u Cycling	12.45u – 13.30u Cardio
<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px; text-align: center;">Sportbad</div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px; text-align: center;">Golfslagbad</div> <div style="border: 1px solid black; padding: 5px; text-align: center;">Warme Lagune</div>	20.25u – 21.10u Cardio	18.45u – 19.30u Jogging
	A+ 21.20u – 22.00u BBB (Floating Board)	19.35u – 20.20u Cardio
	A+ Deze lessen behoren tot het aquasport+ pakket.	A+ 20.30u – 21.15u Spinning (intens)
		A+ 21.20u – 22.00 Yoga