

Maandag	Dinsdag	Donderdag	Zondag
A+ 19u – 19.30u Yoga (Floating Board)	12.30u – 13.15u Fitness	A+ 10.30u – 11.15u Pilates	Extra mogelijkheden.
19.30u – 20.15u Jogging	A+ 18.30u – 19.15u Pole	A+ 11.15u – 12u Pilates	
A+ 20.30u – 21.15u Cycling	A+ 19.30u – 20.15u Cycling	A+ 12u – 12.45u Drums	
A+ 21.15u – 22u Cycling	20.20u – 21.05u Cardio	12.45u – 13.30u Cardio	
	A+ 21.10u – 21.40u BBB (Floating Board)	A+ 18.30u – 19.15u Drums	
	A+ 21.40u – 22.10u BBB (Floating Board)		

Sportbad
Golfslagbad
Lagune

***A+** Deze lessen behoren tot het extra aquasport+ pakket.