

Groepslessen

	Almere Stad		Almere Buiten	
Maandag	08:45 - 09:45 10:00 - 11:00 11:00 - 12:00 17:30 - 18:30 18:30 - 19:00 19:00 - 20:00 20:00 - 21:00	Indoor Cycling Power Yoga Easy Fit Fit-mix Core Stability Indoor Cycling Bootcamp	09:30 - 10:30 09:30 - 10:30 10:00 - 10:30 10:30 - 11:30 12:45 - 13:30 19:15 - 19:45 19:15 - 19:45 19:45 - 20:30 20:30 - 21:15	Burn Indoor Cycling Small Group Conditioning* Easy Fit (senioren) Easy Small Group Fitness (senioren)* Zumba® Small Group Strength* XCore® Pilates Essentials
Dinsdag	08:45 - 09:45 10:00 - 11:00 17:30 - 18:30 18:30 - 19:30 19:30 - 20:30 19:30 - 20:30 20:30 - 21:30	Indoor Cycling Reuma-fit Zumba Pilates Yoga Fit Circuit* Indoor Cycling	09:00 - 10:00 10:00 - 10:30 10:00 - 10:30 10:45 - 12:00 19:30 - 20:00 20:00 - 21:00 19:30 - 20:30	Core Stability FitDance Small Group Conditioning* Yoga Small Group Strength* Indoor Cycling BodyPump™
Woensdag	08:45 - 09:45 10:00 - 11:00 11:00 - 12:00 16:00 - 17:00 19:30 - 20:00 20:00 - 21:00	Indoor Cycling Power Yoga BBB M.L.K.-groep* Core Stability Indoor Cycling	09:00 - 10:00 10:00 - 10:30 10:00 - 11:00 11:00 - 12:00 12:45 - 13:30 14:00 - 15:00 15:00 - 16:00 16:00 - 17:00 19:30 - 20:00 19:30 - 20:00 20:00 - 21:00	Total Body Workout Small Group Conditioning* Pilates Essentials Easy Fit (senioren) Easy Small Group Fitness (senioren)* Kids Fit (t/m 8 jaar) Kids Fit (9 t/m 12 jaar) Kids Dance (v.a. 5 jaar) Zumba® Small Group Strength* Core Strength & Conditioning
Donderdag	09:15 - 10:00 17:45 - 19:00 19:00 - 20:00 20:00 - 21:00 21:00 - 21:45	Fit-mix Power Yoga Indoor Cycling Steps Bootcamp	09:00 - 10:00 09:30 - 10:30 10:30 - 11:45 19:30 - 20:00 19:00 - 20:00 20:00 - 21:00 20:00 - 21:00	BodyPump™ Easy Spinning Yoga Small Group Strength* Yoga Indoor Cycling BodyPump™
Vrijdag	09:00 - 09:30 09:30 - 10:00 12:30 - 13:00	Fast-fit Pilates / Core Stability Core Stability*	09:00 - 09:45 09:30 - 10:30 09:45 - 10:30 10:00 - 10:30 10:30 - 11:30 17:00 - 18:00	XCore® Indoor Cycling Core Stability Small Group Conditioning* Easy Fit (senioren) Jeugdfitness*
Zaterdag	08:45 - 09:45 10:00 - 11:00 11:00 - 12:00	Indoor Cycling Zumba Total Body Workout	09:00 - 10:00 09:30 - 10:30	Fit-mix Indoor Cycling
Zondag	09:30 - 10:30 10:30 - 11:30	Yoga Relax Yoga	09:30 - 10:30 10:00 - 10:30 10:00 - 11:00 11:15 - 12:15	Indoor Cycling Small Group Conditioning* BodyPump™ GC Pilates

* deze lessen worden in de fitnesszaal gegeven!