

Per 1 februari 2018

Preventie Centrum

DE fysioclub

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	09:00 - 10:00 09:30 - 10:30 10:00 - 10:30 10:00 - 11:00 11:00 - 12:00 12:45 - 13:30 19:15 - 19:45 19:15 - 19:45 19:45 - 20:30 20:30 - 21:15	Cardio Step Workout Indoor Cycling Small Group Conditioning Burn Easy Fit (<i>senioren</i>) Easy Small Group Fitness (<i>senioren</i>) Zumba Small Group Strength XCore Pilates Essentials
Dinsdag	08:45 - 09:45 10:00 - 11:00 17:00 - 17:30 17:30 - 18:30 18:30 - 19:30 19:30 - 20:30 20:30 - 21:30	Indoor Cycling Reuma-fit Core Stability Zumba Pilates Yoga Indoor Cycling	09:00 - 09:45 09:45 - 10:30 10:00 - 10:30 10:45 - 12:00 19:30 - 20:00 19:30 - 20:30 20:00 - 21:00	Core Stability Easy Step & Shape Small Group Conditioning Yoga Small Group Strength Total Body Workout Indoor Cycling
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 (<i>senioren</i>) Easy Small Group Fitness (<i>senioren</i>) Kids Fit (t/m 8 jaar) Kids Fit (9 t/m 12 jaar) Kids Yoga 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 10:00 - 10:30 10:00 - 11:00 10:00 - 11:00 19:30 - 20:00 19:30 - 20:30 20:00 - 21:00 20:30 - 21:30	Cardio Step Workout Small Group Conditioning Easy Spinning BodyPump Small Group Strength BodyPump Indoor Cycling Yoga
Vrijdag	09:00 - 09:30 09:30 - 10:00	Fast-fit Core Stability	09:00 - 09:45 09:30 - 10:30 09:45 - 10:30 10:00 - 10:30 10:30 - 11:30 19:30 - 20:00	XCore Indoor Cycling Core Stability Small Group Conditioning Easy Fit (<i>senioren</i>) Workout of the Day
Zaterdag	08:45 - 09:45 10:00 - 11:00 11:00 - 12:00	Indoor Cycling Zumba Total Body Workout	09:30 - 10:30 09:30 - 10:00 09:30 - 10:30 10:30 - 11:00	Fit-mix Small Group Conditioning Indoor Cycling Core Stability
Zondag	09:30 - 10:30 10:30 - 11:30	Power Yoga 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

Preventiecentrum de Fysioclub Almere-Buiten

Dwangmolenstraat 8

Preventiecentrum de Fysioclub Almere-Stad

Randstad 22-01