

Groepslessen

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