

Groepslessen

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