

Preventie Centrum

Fysio & Fitness

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 10:30 - 11:30 Easy Fit (senioren) 12:45 - 13:30 Easy Small Group Fitness (senioren)* 19:15 - 19:45 Small Group Strength* 19:15 - 20:00 Zumba 20:00 - 21:00 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 19:30 - 20:30 Fit Circuit* 20:30 - 21:30 Indoor Cycling		09:00 - 10:00 Core Stability 10:30 - 11:45 Yoga 19:30 - 20:00 Small Group Strength* 20:00 - 21:00 Indoor Cycling 19:30 - 20:30 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)* 14:15 - 15:00 Kids Fit (t/m 8 jaar) 15:00 - 15:45 Kids Fit (9 t/m 12 jaar) 19:30 - 20:00 Small Group Strength* 19:15 - 20:00 XCore® 20:00 - 21:00 Core Strength & Conditioning	
Donderdag	09:00 - 10:00 Fit-mix 10:00 - 11:00 Fit-mix 17:45 - 19:00 Power Yoga 19:00 - 20:00 Indoor Cycling 20:00 - 21:00 Steps 21:00 - 21:45 Total Body Workout		09:00 - 10:00 BodyPump™ 09:30 - 10:30 Easy Spinning 10:30 - 11:45 Yoga 19:00 - 20:00 Yoga 20:00 - 21:00 Indoor Cycling 20:00 - 21:00 BodyPump™	
Vrijdag	09:00 - 10:00 Fast-fit / Core Stability		09:00 - 09:45 XCore® 09:30 - 10:30 Indoor Cycling 09:45 - 10:30 Core Stability 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 09:30 - 10:30 Indoor Cycling	
Zondag	09:30 - 10:30 Yoga 10:30 - 11:30 Relax Yoga		10:00 - 11:00 BodyPump™ 11:15 - 12:15 GC Pilates	

* deze lessen worden in de fitnesszaal gegeven!

Preventiecentrum Fysio & Fitness Almere-Buiten
Preventiecentrum Fysio & Fitness Almere-Stad

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