

Group lessons

MAART 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:30 - 13:30 SC5 XCORE	12:30 - 13:30 Tennispark TENNIS	12:30 - 13:30 SC6 BODYPUMP	12:30 13:30 Tennispark TENNIS ADVANCED	08:00 - 09:00 SC6 BODYPUMP		09:30 - 10:30 SC6 PILATES
12:30 - 13:30 SC5 FLOW PILATES	17:00 - 17:55 SC6 BODYPUMP	17:00 - 17:55 SC5 XCORE	17:00 - 17:55 SC5 BODYPUMP	12:30 - 13:30 Golfclub Driene GOLF		
17:00 - 18:00 SC5 XCORE	18:00 - 18:55 SC6 BODY BALANCE	17:00 - 17:55 SC6 UBATTLE	17:00 - 17:55 SC6 SPINNING	17:00 - 17:30 SC6 STRENGHT BLAST		
17:00 - 17:55 SC6 SPINNING	18:15 - 18:45 Fitness FITNESS CIRCUIT	18:00 - 18:55 SC5 BODYPUMP	18:00 - 18:55 SC6 POWER PILATES	17:30 - 18:00 SC6 POWER CORE		
18:00 - 18:55 SC6 BODYPUMP	19.10 - 20.00 SC6 POWER PILATES		18:00 - 19:00 SC6 UBATTLE	18:00 - 19:30 SC6 UBATTLE		
18:15 - 18:45 Fitness FITNESS CIRCUIT			19:00 - 20:00 SC6 TABATA + POWER CORE			
			19:00 - 20:00 SC5 ZUMBA			