

## Lesrooster vanaf 12 september 2022

### Groepslessen 2<sup>e</sup> etage

Shape-, Cycle- & Mind Studio

#### Maandag

10:00 – 11:00	MyPilates	<a href="#">Mind Studio</a>
18:00 – 19:00	MyBodyPump	<a href="#">Shape Studio</a>
19:00 – 20:00	MyYinYoga	<a href="#">Mind Studio</a>
19:00 – 20:00	Salsation	<a href="#">Shape Studio</a>
20:15 – 21:15	MyRide	<a href="#">Cycle Studio</a>
20:30 – 21:30	MyXCORE	<a href="#">Shape Studio</a>

#### Dinsdag

19:00 – 20:00	MyShape	<a href="#">Shape Studio</a>
19:00 – 20:00	MyRide	<a href="#">Cycle Studio</a>
20:00 – 21:00	MyPilates	<a href="#">Mind Studio</a>
20:15 – 21:15	MyBodyPump	<a href="#">Shape Studio</a>

#### Woensdag

09:00 – 10:00	MyBodyPump	<a href="#">Shape Studio</a>
09:30 – 10:30	MyRide	<a href="#">Cycle Studio</a>
10:00 – 11:00	MyXCORE	<a href="#">Shape Studio</a>
10:15 – 11:15	MyPilates	<a href="#">Mind Studio</a>
19:00 – 20:00	MyBodyPump	<a href="#">Shape Studio</a>
19:00 – 20:00	MyRide	<a href="#">Cycle Studio</a>
20:00 – 21:00	MyPilates	<a href="#">Mind Studio</a>
20:15 – 21:15	Salsation	<a href="#">Shape Studio</a>

#### Donderdag

19:00 – 20:00	MyBodyPump	<a href="#">Shape Studio</a>
19:00 – 20:00	MyHathaYoga	<a href="#">Mind Studio</a>
20:00 – 21:00	MyShape	<a href="#">Shape Studio</a>
20:15 – 21:15	MyRide	<a href="#">Cycle Studio</a>

#### Vrijdag

09:00 – 10:00	MyBodyPump	<a href="#">Shape Studio</a>
09:00 – 10:00	MyYinYoga	<a href="#">Mind Studio</a>
10:00 – 11:00	MyXCORE	<a href="#">Shape Studio</a>
10:15 – 11:15	MyRide	<a href="#">Cycle Studio</a>

#### Zaterdag

09:00 – 10:00	MyRide	<a href="#">Cycle Studio</a>
10:00 – 11:00	MyYinYoga	<a href="#">Mind Studio</a>
10:15 – 11:15	MyShape	<a href="#">Shape Studio</a>

#### Zondag

09:00 – 10:00	MyPilates	<a href="#">Mind Studio</a>
10:00 – 11:00	MyBodyPump	<a href="#">Shape Studio</a>
10:15 – 11:15	MyRide	<a href="#">Cycle Studio</a>

### Small Group Training

Omnia 1e etage – Skill 2e etage

#### Maandag

09:00 – 09:30	Functional	<a href="#">Omnia Floor</a>
10:00 – 10:30	Skill Power	<a href="#">Skill Floor</a>
19:00 – 19:30	Functional	<a href="#">Omnia Floor</a>
20:00 – 20:30	Skill Hitt	<a href="#">Skill Floor</a>

#### Dinsdag

09:00 – 09:30	Functional	<a href="#">Omnia Floor</a>
19:00 – 19:30	Functional	<a href="#">Omnia Floor</a>
20:00 – 20:30	Skill Power	<a href="#">Skill Floor</a>

#### Woensdag

09:00 – 09:30	Functional	<a href="#">Omnia Floor</a>
10:00 – 10:30	Skill Power	<a href="#">Skill Floor</a>
19:00 – 19:30	Functional	<a href="#">Omnia Floor</a>
20:00 – 20:30	Skill Hitt	<a href="#">Skill Floor</a>

#### Donderdag

09:00 – 09:30	Functional	<a href="#">Omnia Floor</a>
19:00 – 19:30	Functional	<a href="#">Omnia Floor</a>
20:00 – 20:30	Skill Power	<a href="#">Skill Floor</a>

#### Vrijdag

09:30 – 10:30	Skill Hitt	<a href="#">Skill Floor</a>
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#### Zaterdag

09:00 – 09:30	Functional	<a href="#">Omnia Floor</a>
10:00 – 10:30	Skill Hitt	<a href="#">Skill Floor</a>

#### Zondag

09:00 – 09:30	Functional	<a href="#">Omnia Floor</a>
10:00 – 10:30	Skill Power	<a href="#">Skill Floor</a>

Momenteel wordt er nog hard gewerkt om de leszalen in gereedheid te brengen. Daarom is het lesrooster vanaf 1 september nog niet volledig in werking.

Vanaf maandag 12 september is wel het hele rooster actief!

Bekijk welke lessen vanaf 1 september te volgen zijn in de MyLife Fitness app:

