

## Groepsles rooster per 1 september 2020

### Maandag

|        |            |        |         |
|--------|------------|--------|---------|
| 09.15u | Steps      | 45 min | Miranda |
| 19.00u | Fit-boksen | 45 min | Bas     |
| 19.30u | Steps      | 60 min | Miranda |
| 20.30u | Bodypump®  | 60 min | Bart    |

### Dinsdag

|        |            |        |           |
|--------|------------|--------|-----------|
| 09.15u | Fat-attack | 60 min | Miranda   |
| 10.15u | Yoga       | 60 min | Leonie    |
| 19.00u | Fit-boksen | 60 min | Saar      |
| 19.00u | B.B.B.     | 60 min | Annemieke |
| 20.00u | Fat-attack | 60 min | Miranda   |

### Woensdag

|        |           |        |        |
|--------|-----------|--------|--------|
| 09.15u | Bodypump® | 60 min | Wendy  |
| 16.30u | Boksen    | 90 min | John   |
| 19.45u | Bodypump® | 60 min | Jill   |
| 20.45u | Yoga      | 60 min | Lesley |

### Donderdag

|        |                                   |        |         |
|--------|-----------------------------------|--------|---------|
| 09.15u | Fat-attack                        | 60 min | Miranda |
| 10.15u | B.B.B.                            | 60 min | Miranda |
| 18:00u | High Intensitie Interval Training | 30 min | Bas     |
| 19.00u | BodyCombat                        | 60 min | Wendy   |
| 19.00u | Bootcamp                          | 60 min | Bas     |
| 20.00u | Bodypump®                         | 60 min | Bart    |

### Vrijdag

|        |           |        |           |
|--------|-----------|--------|-----------|
| 09.00u | Yin Yoga  | 60 min | Annemieke |
| 10.15u | Bodypump® | 60 min | Barbara   |
| 19.00u | Boksen    | 60 min | Saar      |

### Zaterdag

|        |                  |        |        |
|--------|------------------|--------|--------|
| 09.00u | Bootcamp outdoor | 60 min | Hans   |
| 09.00u | Yoga             | 60 min | Leonie |
| 10.15u | Pilates          | 60 min | Leonie |

### Zondag

|        |            |        |         |
|--------|------------|--------|---------|
| 10.15u | Fat-attack | 60 min | Miranda |
|--------|------------|--------|---------|

### Spinning rooster

|                 |           |        |          |                                        |
|-----------------|-----------|--------|----------|----------------------------------------|
| <b>Maandag</b>  | 10.15 uur | 60 min | Daniëlle | Indoor Cycling                         |
|                 | 20.00 uur | 60 min | Hans     | H.I.I.T.                               |
| <b>Dinsdag</b>  | 18.00 uur | 60 min | Rikkie   | Indoor Cycling                         |
| <b>Woensdag</b> | 20.00 uur | 60 min | Jan      | Power Cycling                          |
| <b>Vrijdag</b>  | 09.15 uur | 60 min | Daniëlle | Indoor Cycling                         |
| <b>Zondag</b>   | 10.00 uur | 90 min | Rikkie   | Indoor Cycling                         |
|                 | 10.15 uur | 2 uur  | Rikkie   | <u>Buiten fietstocht ! (tot 27-09)</u> |

**Let op: De komende wintermaanden gaan we weer op de fiets naar buiten !!**  
**Dit heeft effect op de spinninglessen van zondag, zie het Virtuagym lesrooster in de app.**

**Vanaf 25 oktober organiseren we een Mountainbike fietstocht die voor elke mountainbiker toegankelijk is.**

### Synrgy small Group training

(maximaal 10 deelnemers binnen, maximaal 15 deelnemers buiten)

#### **Maandag**

|        |                            |
|--------|----------------------------|
| 09.15u | Full body circuit training |
| 20.00u | Full body circuit training |

#### **Dinsdag**

|        |                            |
|--------|----------------------------|
| 10.15u | Full body circuit training |
| 14.00u | Full body circuit training |

#### **Woensdag**

|        |                            |
|--------|----------------------------|
| 09.15u | Full body circuit training |
|--------|----------------------------|

#### **Donderdag**

|        |                            |
|--------|----------------------------|
| 10.15u | Full body circuit training |
|--------|----------------------------|

#### **Vrijdag**

|        |                            |
|--------|----------------------------|
| 09.15u | Full body circuit training |
|--------|----------------------------|

#### **Zaterdag**

|        |                            |
|--------|----------------------------|
| 10.15u | Full body circuit training |
|--------|----------------------------|