

De Ronde Venen

MAANDAG

07:00 – 10:00	Banen zwemmen
07.30 – 08.45	Vrij fitness
08.45 - 09.30	FX-45
09.00 – 10.15	Vrij fitness
09.15 – 10.15	BRN
09.30 – 10.45	Yin Yang Yoga
09.45 – 10.45	Bootcamp
10.00 – 10.45	Aqua sport
10.30 – 11.45	Vrij fitness
12.00 – 13.45	Vrij fitness
14.00 – 15.45	Vrij fitness
16.00 - 17.15	Vrij fitness
17.30 – 18.45	Vrij fitness
18.45 – 19.30	FX -45
19.00 - 20.00	Power
19.00 - 20.15	Vrij fitness
19:00 – 21:00	Banenzwemmen
19.00 – 19.45	Aqua sport (vanaf 10-aug)
19.45 – 20.45	Bootcamp
20.15 – 21.15	Zumba
20.30 – 21.45	Vrij fitness
20.00 – 21.15	Yin yoga

DINSDAG

07.30 - 08.45	Vrij fitness
08.45 - 09.30	FX-45
09.00 – 10.15	Vrij fitness
09.15 – 10.15	Fit & shape
09.30 - 10.45	Flow Yoga
10.30 – 11.30	Cycle
10.30 – 11.45	Vrij fitness
12.00 – 13.45	Vrij fitness
14.00 – 15.45	Vrij fitness
16.00 - 17.15	Vrij fitness
17.30 – 18.45	Vrij fitness

18.45 – 19.30	FX 45
19.00 – 20.00	Zumba
19.00 - 20.15	Vrij fitness
19.45 – 20.45	Insane
20.00 – 21.15	Flow Yoga
20.30 – 21.45	Vrij fitness

WOENSDAG

07.30 – 08.45	Vrij fitness
08.45 - 09.30	FX-45
09.00 – 10.15	Vrij fitness
09.15 - 10.15	BRN
09.45 – 10.45	Bootcamp
10.30 – 11.45	Vrij fitness
11.00 – 12.00	Seniorenfitness
12.00 – 13.45	Vrij fitness
14.00 – 15.45	Vrij fitness
16.00 - 17.15	Vrij fitness
17.30 – 18.45	Vrij fitness
18.45 – 19.30	FX -45
19.00 - 20.00	Cycle
19.00 – 20.15	Vrij fitness
19.45 – 20.45	Bootcamp
20.15 - 21.15	Power
20.00 – 21.15	Yin Yoga
20.30 - 21.45	Vrij fitness

DONDERDAG

07:00 – 10:00	Banenzwemmen
07.30 – 08.45	Vrij fitness
08.45 - 09.30	FX-45
09.00 – 10.15	Vrij fitness
09:15 – 10:00	Aquasport
09.15 – 10.15	Zumba
09.45 – 10.45	Bootcamp
10.00 – 11.15	Flow Yoga
10.30 – 11.45	Vrij fitness
12.00 – 13.45	Vrij fitness
14.00 – 15.45	Vrij fitness
16.00 - 17.15	Vrij fitness
17.30 – 18.45	Vrij fitness
18.45 – 19.30	FX 45
19:00 – 21:00	Aqua sport
19.00 – 20.00	Body Boxx
19.00 – 20.00	Cycle outdoor
19.00 – 20.15	Vrij fitness
19:00 – 21:00	Banenzwemmen
19.45 – 20.45	Bootcamp
20.15 – 21.15	BRN
20.00 – 21.15	Yin yoga
20.30 – 21.45	Vrij fitness

VRIJDAG

07.30 – 08.45	Vrij fitness
08.45 - 09.30	FX-45
09.00 – 10.15	Vrij fitness
09.15 – 10.15	Power
09.30 – 10.45	Power/ Flow Yoga
09.45 – 10.45	Bootcamp
10.30 – 11.45	Vrij fitness
12.00 – 13.45	Vrij fitness
14.00 – 15.45	Vrij fitness

16.00 - 17.15	Vrij fitness
17.30 – 18.45	Vrij fitness
19.00 – 20.00	Insane
19.00 - 20.45	Vrij fitness

ZATERDAG

08.30 – 09.45	Vrij fitness
09.00 – 10.00	Zumba
10.00 – 11.15	Vrij fitness
10.15 – 11.15	Cycle
10.15 – 11.15	Pilates
11.30 – 12.30	Bootcamp
11.30 – 13.15	Vrij fitness

ZONDAG

08.30 – 09.45	Vrij fitness
09.00 – 10.15	Flow Yoga
09.00 – 10.00	Cycle
10.00 - 11.15	Vrij fitness
10.15 – 11.15	Power
11.30 – 12.15	FX- 45
11.30 – 13.15	Vrij fitness

ACTIVITEITEN

Maandag	07.30 – 22.00
Dinsdag	07.30 – 22.00
Woensdag	07.30 – 22.00
Donderdag	07.30 – 22.00
Vrijdag	07.30 – 21.00
Zaterdag	08.30 – 13.30
Zondag	08.30 – 13.30