



Aerobics-Rooster, m.i.v. 14 aug. 2011

| | Ma | Di | Wo | Do | Vr | Za | Zo |
|--------------|------------------|-----------|------------|----------------------------|-----------|-----------|------------|
| 09.30 | | | | | zumba | | |
| 10.00 | | | | | | Zumba | Step Party |
| 11.00 | | | | | | | Zumba |
| | | | | | | | |
| 17.30 | | BBB | | | | | |
| 18.30 | Body Shape | Zumba | Zumba | Total Body Conditioning | BBB | | |
| 19.30 | 5x B met Step | Tai Bo | Step Party | Tai Bo + | | | |
| 20.30 | Step basics | SBR | BBB | | | | |

Prijzen: Losse Les € 7,50/Maandkaart € 42,--/10 Rittenkaart € 64,--
(prijzen inclusief sauna)

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