

# LESROOSTER SPORTSTUDIO

## Maandag

10.15 - 11.15	16.30 - 18.00	18.00 - 19.30	19.30 - 20.30	20.30 - 21.30
<b>Basic Workout</b> GYM en Cappucino	<b>Breakdance</b> 5 t/tm 12 jaar	<b>Breakdance</b> 12 +	<b>5 x B</b>	<b>5 x B</b>

## Dinsdag

9.15 - 10.15	17.30 - 18.30	18.30 - 19.30	20.30 - 22.00
<b>STOTT Pilates</b> GYM en Cappucino	<b>BBB</b>	<b>Zumba</b>	<b>Karate</b> Seicho

## Woensdag

11.00 - 12.00	19.00 - 20.00	20.00 - 21.00	21.00 - 22.00
<b>Basic Workout 55+</b> GYM en Cappucino	<b>Pilates</b> Nadine Seyder	<b>Ballet Barre Workout</b>	<b>Ballet Barre Workout</b>

## Donderdag

16.30 - 17.30	19.00 - 20.00	20.15 - 21.15
<b>STOTT Pilates</b> GYM en Cappucino	<b>Ballet Barre Workout</b>	<b>Yoga Iyengar</b> Fit en Balans

## Vrijdag

10.15 - 11.15
<b>Basic Workout</b> GYM en Cappucino

## Zaterdag

9.00 - 10.00	10.15 - 11.15
<b>STOTT Pilates</b> GYM en Cappucino	<b>Zumba</b>

## Zondag

10.30 - 11.30
<b>Yoga Iyengar</b> Fit en Balans



### Ballet Barre Workouts

Sandra Jonas - 06 155 437 63  
info@balletbarreworkouts.nl

### Break Dance

James Walcott - 06 312 484 99  
masterzofmovement@gmail.com



### Fit en Balans

Eugenie - 06 241 448 73

### GYM en Cappucino

Gerdien - 06 508 070 95

### Karate Seicho

06 129 377 29

### Pilates

Nadine Seyder 06 123 265 97

### Zumba

Gosio - 06 418 511 66