

LESROOSTER SPORTSTUDIO

Maandag

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

Dinsdag

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

Woensdag

9.45 - 10.45	11.00 - 12.00	19.00 - 20.00	20.00 - 21.00	21.00 - 22.00
STOTT Pilates GYM en Cappucino	Basic Workout 55+ GYM en Cappucino	Pilates Nadine Seyder	Ballet Barre Workout	Ballet Barre Workout

Donderdag

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

Vrijdag

10.15 - 11.15
Basic Workout GYM en Cappucino

Zaterdag

9.00 - 10.00	10.15 - 11.15
STOTT Pilates GYM en Cappucino	Zumba

Zondag

10.30 - 11.30
Yoga Iyengar 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
gerdienkeuls@gmail.com

Karate Seicho

06 129 377 29

Pilates

Nadine Seyder 06 123 265 97

Zumba

Gosio - 06 418 511 66