

# Online lesrooster SportCity

	Regio 1	Regio 2	Regio 3	Regio 4	Regio 5
SportCity clubs	Bilthoven, Huizen, Leidsche Rijn, Soest, Woerden, Zeist	Amsterdam Waterloo, Wibautstraat, Weteringdwars, Shape All-in, Haarlem	Leiden A. Fokkerweg, Steenschuur, Vlietlijn, Leiderdorp	Dordrecht, Echt, Eindhoven, Gorinchem, Gouda, Tilburg	Den Haag, New Babylon, Rijswijk
<b>Maandag 11-1</b>	09:00u YinYoga  10:15u BodyPump 11:30u SeniorenFit  19:00u Sh'bam  20:15u Vinyasa Yoga	07:30u HIT 07:30u Vinyasa Yoga 08:15u Core  12:00u BodyPump  17:00u BodyBalance 17:30u BodyAttack  19:00u Zumba 19:30u YinYoga	09:30u BodyShape (BBB) 09:30u PowerYoga  11:00u Pilates 11:00u Xcore  17:00u Workout of the day! 18:00u YinYoga 18:00u Zumba  19:30u BodyPump 20:00u Pilates	10:00u BodyPump    17:30u Core '20  19:00u Zumba 19:00u BodyPump 20:00u Xcore 20:00u Pilates	09:00u Pilates  10:00u BodyShape  13:00u GRIT  19:00u BodyPump  20:00u BodyBalance
<b>Dinsdag 12-1</b>	09:00u Pilates 10:15u Zumba  19:00u BodyCombat  20:15u BodyPump	08:00u Pilates 08:00u BodyPump 09:15u Core  12:30u Never Skip Leg  17:30u BodyCombat 18:45u BodyPump 19:30u YinYoga	09:30u BodyShape (BBB) 09:30u YinYoga 11:00u BodyBalance  17:00u GRIT 18:00u BodyPump 19:30u BodyCombat  20:00u YinYoga	09:30u Core '20 10:00u BodyShape 11:00u Pilates  17:30u Booty'20  19:00u BodyShape 19:00u BodyBalance 20:00u GRIT 20:00u BodyAttack	09:00u Bootcamp 10:00u BodyPump  19:00u BodyAttack  20:00u BodyBalance
<b>Woensdag 13-1</b>	09:00u BodyCombat  10:15u BodyBalance  16:00u Kids workout (30')  19:00u Pilates 20:00u Buikspierkwartier 20:15u Sh'bam	09:00u BodyShape 09:30u BodyBalance 10:15u BodyCombat 11:30u GRIT  16:00u Kids workout (30') 17:30u Zumba 17:30u Mindfulness 19:30u Jentle Yoga	09:30u Burn (BBB)  11:00u BodyPump  12:30u YinYoga 16:00u Kids workout (30') 17:00u Workout of the day 18:00u Xcore  19:30u Burn 20:00u Pilates	09:30u Booty '20 10:00u BodyPump 10:00u Vinyasa Yoga 11:00u Tone 11:00u YinYoga 16:00u Kids workout (30') 17:30u Core '20  19:00u BodyShape 19:00u BodyJam 20:00u BodyPump 20:00u BodyBalance	09:00u BodyShape  10:00u BodyPump  16:00u Kids workout (30')  18:00u Zumba  20:00u Power Yoga
<b>Donderdag 14-1</b>	09:00u BodyShape 10:15u YinYoga  16:00u Kids workout (30')  19:00u Essentrics 20:00u Buikspierkwartier 20:15u BodyPump	07:30u BodyPump 08:45u HIT 10:00u Vinyasa Yoga  16:00 u Kids workout (30') 17:00u Never Skip Legday 17:45u Xplode  19:30u Pilates	09:30u BodyPump  11:00u BodyBalance  16:00 u Kids workout (30') 17:00u GRIT 17:00u Pilates 18:00u BodyCombat 19:30u BodyAttack	09:30u Core'20 10:00u BodyPump 11:00u BodyBalance  16:00 u Kids workout (30') 17:30u Booty'20  19:00u Sh'bam 20:00u BodyCombat	09:00u Vinyoga  12:00u BodyBalance 16:00u Kids workout (30')  18:00u BodyPump 19:00u Pilates
<b>Vrijdag 15-1</b>	09:00u BodyFit  10:15u Pilates	09:00u BodyBalance 09:00u BodyShape  12:00u Meditatie 12:00u BodyPump 13:15u GRIT  17:30u Zumba  19:30u YinYoga	09:30u YangYoga 09:30u Xcore  11:00u Burn  17:00u Workout of the day	10:00u BodyPump 10:00u Hatha Yoga 11:00u Pilates 11:00u Sh'bam  19:00u BodyBalance 19:00u BodyPump 20:00u BodyAttack	09:00u Bootcamp  12:00u Core 13:00u HIT  18:00u BodyCombat
<b>Zaterdag 16-1</b>	09:00u BodyCombat  10:15u BodyPump 10:30u Buikspierkwartier	09:00u BodyShape 09:00u Ashtanga Yoga 10:15u BodyAttack	09:30u PowerYoga 09:30u BodyShape  11:00u Zumba 11:00u YinYoga	09:30u Core'20  10:00u BodyPump 10:00u Hatha Yoga 10:00u Booty'20 11:00u GRIT 11:00u YinYoga	09:00u BodyPump  11:00u BodyCombat 13:00u YinYoga 14:00u Core
<b>Zondag 17-1</b>	09:00u Essentrics 10:15u BodyPump	09:30u Ashtanga Yoga 09:30u BodyCombat  11:00u GRIT	09:30u BodyPump  11:00u Pilates 11:00u BodyCombat	10:00u BodyPump 10:00u Hatha Yoga 11:00u BodyCombat 11:00u Power Yoga	09:00u Bootcamp 10:00u Power Yoga  12:00u Zumba