

Online lesrooster SportCity

SportCity clubs	Regio 1 Bilthoven, Huizen, Leidsche Rijn, Soest, Woerden, Zeist	Regio 2 Amsterdam Waterloo, Wibautstraat, Weteringdwars, Shape All-in, Haarlem	Regio 3 Leiden A. Fokkerweg, Steenschuur, Vlietlijn, Leiderdorp	Regio 4 Dordrecht, Echt, Eindhoven, Gorinchem, Gouda, Tilburg	Regio 5 Den Haag, New Babylon, Rijswijk
Maandag 3 mei	09:00u BodyPump 09:00u Yin Yoga 10:15u SeniorenFit 19:00u SH'Bam 20:00u Buikspierkwartier 20:15u BodyPump 20:15u Vinyasa Yoga	07:30u HIIT 07:30u Vinyasa Yoga 08:15u Core 09:00u BodyShape 10:00u BodyBalance 11:00u Yin Yoga 12:00u BodyPump 17:00u BodyBalance 17:30u BodyAttack 17:45u Kundalini Yoga 18:00u Meditatie 19:00u BodyPump 19:30u Yin Yoga 20:15u Zumba	09:30u BRN/BBB 09:30u Pilates 11:00u Iyengar Yoga 11:00u BodyBalance 18:00u Meditatie 18:00u Yin Yoga 18:00u Zumba 19:15u BodyPump 19:30u HIIT 20:00u Pilates	09:00u BodyPump 10:00u Hatha Yoga 10:00u BodyShape 19:00u Sh'Bam 19:00u Zumba 19:00u BodyPump 20:00u Pilates 20:00u BodyAttack	10:00u Hatha Yoga 19:00u BodyPump 19:00u Sh'Bam 20:00u BodyAttack 20:00u BodyBalance
Dinsdag 4 mei	09:15u BodyPump 10:15u Essentrics 20:00u Pilates	08:00u Pilates 08:00u BodyPump 08:45u BodyBalance 12:00u Vinyasa Yoga 17:30u BodyCombat 18:45u BodyShape 19:30u Yin Yoga 20:00u Pilates	9:30u Yin Yoga 9:30u BodyBalance 11:00u BodyShape/ BBB	10:00u BodyShape 18:00u Sh'Bam 19:00u Pilates 19:00u BodyPump 20:00u BodyBalance 20:00u BodyCombat	9:00u BodyShape 18:00u BodyCombat 20:00u BodyBalance
Woensdag 5 mei	09:00u BodyCombat 10:15u BodyBalance	09:00u BodyShape 09:30u BodyBalance 10:00u Essentrics 10:15u HIIT 17:30u Zumba 17:30u Mindfulness 19:30u Gentle Yoga 19:30u XCo		09:00u Vinyasa Yoga 10:00u Yin Yoga 10:00u BodyBalance 19:00u Hatha Yoga 20:00u BodyPump	10:00u Yin Yoga 18:00u Zumba 19:00u BodyJam 20:00u PowerYoga
Donderdag 6 mei	09:00u BodyShape 10:00u Yin Yoga 19:00u BodyJam 19:00u Essentrics 20:00u Buikspierkwartier 20:15u BodyPump	07:30u BodyPump 08:45u HIIT 10:00u Vinyasa Yoga 17:30u BodyShape 19:00u Pilates 20:00u Power Yoga	09:30u BodyPump 11:00u BodyBalance 17:00u Grit 18:00u Pilates 18:00u BodyPump 19:30u Iyengar Yoga	09:00u BodyPump 10:00u Pilates 10:00u BodyBalance 19:00u BodyCombat 20:00u BodyAttack 20:00u BodyPump 20:00u Yin Yoga	09:00u BodyPump 09:00u Vinyasa Yoga 12:00u BodyCombat 13:00u BodyBalance 18:00u BodyPump 19:00u BodyCombat 19:00u Yin Yang Yoga 20:00u BodyAttack 20:00u Yin Yoga
Vrijdag 7 mei	09:00u BodyShape 09:00u BodyBalance 10:15u Pilates 18:30u Zumba 19:30u BodyPump	09:00u BodyShape 09:00u BodyBalance 12:00u Meditatie 12:00u BodyPump 13:15u HIIT 17:30u Zumba 19:30u Yin Yoga	09:30u Yang Yin Yoga 09:30u Xcore 11:00u BRN 11:00u Pilates 12:00u Meditatie 17:00u Workout of the day	09:00u BodyPump 10:00u Hatha Flow 10:00u Pilates 10:00u BodyCombat 11:00u BodyBalance 19:00u BodyBalance	10:00u Hatha Flow 16:00u Barre 16:45u BodyBalance 18:00u BodyCombat
Zaterdag 8 mei	10:00u Essentrics 10:15u BodyPump 10:30u Buikspierkwartier	08:45u BodyShape 09:00u Ashtanga Yoga 10:00u Zumba 10:15u BodyAttack 11:15u XCO	09:30u PowerYoga 09:30u BodyShape 11:00u Zumba 11:00u Yin Yoga	09:00u BodyPump 09:00u Sh'bam 09:00u Vinyasa Yoga 10:00u BBB 10:00u Grit Cardio 11:00u BodyBalance 11:00u BodyAttack	09:00u BodyPump 09:30u Core 11:00u BodyBalance 11:15u BodyAttack 13:00u Yin Yoga
Zondag 9 mei	09:00u Essentrics 10:00u BodyPump 10:15u Vinyasa Yoga	09:00u Yin Yoga 09:30u Ashtanga Yoga 09:30u BodyCombat 11:00u HIIT 13:30u Yin Yoga	09:30u BodyPump 09:30u Yin Yoga 11:00u Pilates 11:00u BodyCombat	09:00u Hatha Yoga 10:00u Pilates 10:00u Zen Yin Yoga 10:00u BodyPump 11:00u BodyBalance 11:00u BodyCombat	09:00u Hatha Yoga 10:00u BodyPump 10:00u Power Yoga 11:00u BodyCombat 12:00u Zumba