



# Groepslesrooster Waalre

**Maandag**

**Dinsdag**

**Woensdag**

**Donderdag**

**Vrijdag**

**Zaterdag**

**BBBB**

09:00 - 09:55

**Easy  
Flow  
Yoga**

09:00 - 09:55

**Basic  
Pilates**

09:00 - 09:45

**Vitaal Fit**

10:00 - 10:45

**Cardo  
HIIT 12**

09:00 - 09:45

130 MEPS

**Cardo  
HIIT 12**

09:00 - 09:45

130 MEPS

**Cardo  
HIIT 12**

18:30 - 19:15

130 MEPS

**Cardo  
HIIT 12**

19:00 - 19:45

130 MEPS

**Power Yoga**

18:30 - 19:30

**Boksen**

19:30 - 20:30

80 MEPS

**Cardo  
HIIT 12**

19:30 - 20:15

130 MEPS

**Cardo  
HIIT 12**

20:00 - 20:45

130 MEPS

**Pump**

20:30 - 21:30

130 MEPS

myzone®