

## **GROEPSLESPROGRAMMA**

My HealthClub Heerhugowaard

vanaf 1 januari 2018

Tijd	Maandag	Tijd	Dinsdag	Tijd	Woensdag	Tijd	Donderdag	Tijd	Vrijdag	Tijd	Zaterdag	Tijd	Zondag
9:00	Bodypump	9:00	Yoga	0.00	Sh'Bam	10:00	Senior Yoga	7.45	Synrgy XL	9:00	HIIT Strength	9:30	Bodycombat
7.00	Group fitness studio	9:00	Group fitness studio	9:00	Group fitness studio	10:00	Group fitness studio	7:15	Fitness studio		Group fitness studio	9:30	Group fitness studio
9:00	Indoor Cycling	10:00	Bodyshape	9:00	Indoor Cycling	10:00	Abs Attack	9:00	Bodyshape	9:00	Crosspower	9:30	Power Cycling
	Cycling studio		Group fitness studio		Cycling studio		Fitness studio		Group fitness studio		Fitness studio		Cycling studio
9:15	Synrgy XL	10:00	Senior Cycling	9:15	Synrgy XL	10:15	Synrgy XL	9:00	Indoor Cycling	9.30	Steps	10:00	Abs Attack
	Fitness studio		Cycling studio		Fitness studio		Fitness studio		Cycling studio		Group fitness studio		Fitness studio
10:00	Abs Attack	10:00	Abs Attack	10:00	Abs Attack	18.00	NO LIMITS	10:00	Bodybalance	9.30	Indoor Cycling	10:15	Synrgy XL
	Fitness studio		Fitness studio		Fitness studio		Group fitness studio		Group fitness studio		Cycling studio		Fitness studio
10:00	Bodybalance	15:30	K3 Dance kids 5-10j	10:00	Bodypump	19:00	Sh'Bam	10:00	Abs Attack	9:30	Kids Powerfit 5-10j	10:30	Bodypump
	Group fitness studio		Fitness studio		Fitness studio		Group fitness studio						
18:30	HIIT Strength	16:30	Streetdance 10-15j	10:15	Aquarobics	19.00	Indoor Cycling	10:15	Aquarobics	10.00	Jr Powerfit 10-15j	11:30	Yoga
	Group fitness studio		Group fitness studio		Swimming pool		Cycling studio		Swimming pool		Fitness studio		Group fitness studio
19:00	Indoor Cycling	16:30	Jr Powerfit 10-15j	16:30	Jr Synrgy 10-15j	19.15	Synrgy XL	15:30		10:00	Abs Attack		
	Cycling studio		Outdoor		Fitness studio		Fitness studio				Fitness studio		
19:00	Burn	19:00	Steps	16:30		19.30	Kickbox	16:30	Jr Powerfit 10-15j	10.45	Swim&Fun 5-15j		
	Group fitness studio		Group fitness studio				Multi studio		Outdoor		Swimming pool		
19:15	Synrgy XL	19:00	Indoor Cycling	19:00	Burn	20.00	Abs Attack	19:00	Burn	10.30	Bodybalance		
	Fitness studio		Cycling studio		Group fitness studio		Fitness studio		Group fitness studio		Group fitness studio		
19:30	Aquarobics	19:15	Synrgy XL	19:15	Synrgy XL	20.00	Yoga	19:00	Indoor Cycling	10:30	Kickbox		
	Swimming pool		Fitness studio		Fitness studio		Group fitness studio		Cycling studio		Multi studio		
20:00	Abs Attack	20:00	Abs Attack	19:30	Indoor Cycling			20:00	Bodypump				
	Fitness studio		Fitness studio		Cycling studio				Group fitness studio				
20:00	Indoor Cycling	20:00	Bodycombat	20:00	Abs Attack			20:00	Abs Attack				
	Cycling studio		Group fitness studio		Fitness studio				Fitness studio				
20:00	Bodypump			20:00	Bodypump								
	Group fitness studio				Group fitness studio								
20:00	Bootcamp			20:00	Bootcamp								
	Outdoor				Outdoor								<u> </u>
				20:00	Aquarobics								
					Swimming pool								