



## Uurrooster SooFit Kuringen Vanaf 21 maart 2016

Dag	Uur	ZAAL 1	Uur	ZAAL 2
<b>Maandag</b>			18:20 – 19:05	RPM
	19:30 – 20:00	GRIT	19:00 – 19:15	GRATIS BUIKSPIERKWARTIER
			19:15 – 20:15	BBB
	20:15 – 21:15	BODYPUMP	20:15 – 21:15	FATBURN
<b>Dinsdag</b>	09:00 – 10:00	ZUMBA		
	10:00 – 11:00	PILATES		
	18:15 – 18:45	BODYPUMP		
	18:50 – 19:50	BODYATTACK		
	20:00 – 21:00	SPINNING	19:30 – 20:30	PILATES
	21:00 – 22:00	SPINNING		
<b>Woensdag</b>	10:00 – 11:00	TONING AEROBICS		
	18:30 – 19:15	BODYVIVE		
	19:15 – 20:15	CORE STABILITY	19:30 – 20:15	RPM
	20:15 – 21:15	BODYPUMP	20:15 – 21:00	RPM
<b>Donderdag</b>	18:30 – 19:00	GRIT		
	19:00 – 20:00	BODY ATTACK	19:00 – 20:00	SPINNING
			19:00 – 19:30	AB LAB
			19:30 – 20:00	BODY LAB
	20:00 – 21:00	SPINNING		
	21:00 – 22:00	SPINNING	21:00 – 22:00	KICK & FUN
<b>Vrijdag</b>	10:00 – 11:00	BODYVIVE		
	19:00 – 20:00	BODYPUMP	19:00 – 20:00	PILATES
	20:00 – 21:00	VINYASA YOGA		
<b>Zaterdag</b>	09:00 – 10:00	BODYPUMP		
	10:15 – 11:00	BODY VIVE		
	11:00 – 12:00	CARDIO FIGHT		
<b>Zondag</b>			09:15 – 10:15	SPINNING
	10:00 – 11:00	ZUMBA STEP		
	11:15 – 12:15	BODYATTACK		