

activiteitenrooster

maandag

circuit

07.30	-	08.00	Circuittraining	Corinne
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running

09.00	-	09.30	Walking into shape	Wendy
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09.30	-	10.00	Walking into shape	Wendy
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funxtion

09.00	-	09.45	FunXtion MSS	Julian
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10.00	-	10.30	FunXtion F-Flex	Corinne
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19.00	-	20.00	Bokszaktraining	Sebastian
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20.00	-	20.30	FunXtion Move-it	Sebastian
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outdoor

09.00	-	09:45	Bootcamp	Kevin
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10.00	-	11.00	TSQ-WOD	Julian
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dinsdag

circuit

08.15	-	08.45	Circuittraining	Levi
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funxtion

09.45	-	10.15	FunXtion Move-it	Lars
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10.15	-	11.15	Bokszaktraining	Levi
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13.00	-	13.30	FunXtion F-Flex	Corinne
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18.45	-	19.30	Bokszaktraining	Nick
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19.35	-	20.05	FunXtion Move-it	Nick
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20.10	-	20.30	Coretraining	Jelle
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running zone

09.00	-	09.30	Walking into shape	Lars
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outdoor

18.45	-	19.30	Conditietraining	Julian
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20.15	-	21.15	TSQ-WOD	Nick
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woensdag

funxtion

07.30	-	08.00	FunXtion Move-it	Lars
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19.30	-	20.15	FunXtion MSS	Marieneke
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running zone

09.00	-	09.30	Walking into shape	Tirsa
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09.30	-	09.55	Walking into shape	Tirsa
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19.00	-	19.30	Walking into shape	Fabienne
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19.35	-	20.05	Running Class	Piet
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20.10	-	20.40	Running Class	Piet
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outdoor

09.00	-	09.45	TSQ-Strength	Lars
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19.30	-	20.30	TSQ-WOD	Julian
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donderdag

funxtion

19.15	-	20.15	Bokszaktraining	Sebastian
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20.15	-	20.45	FunXtion Move-it	Sebastian
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vrijdag

running zone

09.00	-	09.30	Walking into shape	Wendy
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09.30	-	10.00	Walking into shape	Wendy
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funxtion

10.00	-	11.00	Bokszaktraining	Sebastian
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outdoor

09.00	-	10.00	TSQ-WOD	Kevin
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zaterdag

outdoor

09.30	-	10.30	Conditietraining	Annelies
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10.30	-	11.15	TSQ-Strength	Julian
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zondag

outdoor

10.15	-	11.15	Bootcamp	Linda
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- Vergeet niet een bidon en een handdoek mee te nemen tijdens de lessen.
- Wij vragen je tijdig aanwezig te zijn bij de lessen.
- Je kunt deelnemen aan de groepslessen vanaf 15 jaar oud.
- Je kunt de groepslessen en activiteiten 7 dagen vooruit reserveren via de Tesqua app.

groepslessenrooster

maandag

aerobiczaal			
10.10	-	10.55	BRN Wendy
11.00	-	11.45	X-core Wendy
19.00	-	20.00	Bodypump Esmeralda
20.10	-	20.55	X-core Lonneke
body & mindzaal			(L) = met Livestream
09.00	-	09.50	Pilates level one (L) Karinca
10.00	-	10.50	Pilates basis Karinca
13.00	-	13.45	Blijf in beweging Corinne
18.30	-	19.15	Bodybalance Marieke
19.15	-	20.15	Bodybalance (L) Marieke
20.20	-	21.20	YinYoga (L) Lia
indoor cycling			
19.00	-	19.45	Indoor Cycling Maik
20.00	-	20.45	Indoor Cycling Maik
zwembad			
12.45	-	13.30	Aquaworkout Anouk
13.30	-	14.15	Aquaworkout Linda

dinsdag

aerobiczaal			
10.00	-	10.45	BRN Susanne
10.55	-	11.40	Shercules Susanne
19.15	-	20.00	BRN Yonna
20.20	-	21.20	Bodypump Ilone
body & mindzaal			(L) = met Livestream
09.00	-	10.00	Yoga Lia
10.00	-	10.50	Pilates (L) Lia
11.00	-	12.00	YinYoga Lia
13.45	-	14.45	Zen (L) Corinne
19.15	-	20.05	Pilates basis Laurens
20.15	-	21.15	YinYoga (L) Yonna
indoor cycling			
09.00	-	10.00	Indoor Cycling Erik
19.30	-	20.30	Indoor Cycling Marcel

woensdag

aerobiczaal			
09.00	-	09.45	Xcore Sanne
10.00	-	10.45	Steps Tirsa
10.50	-	11.35	Zumba Tirsa
19.00	-	19.45	X-core Esmeralda
20.00	-	21.00	Bodypump Esmeralda
body & mindzaal			(L) = met Livestream
09.00	-	09.50	Pilates 55+ (L) Marieke
10.00	-	11.00	Bodybalance (L) Marieke
11.15	-	12.15	YinYoga (L) Lia
18.45	-	19.35	Pilates (L) Karinca
19.40	-	20.25	Bodybalance Karinca
20.30	-	21.30	Bodybalance Karinca
indoor cycling			
09.00	-	10.00	Indoor Cycling René
zwembad			
10.15	-	11.00	Aqua Bootcamp Lars

donderdag

aerobiczaal			
08.45	-	09.45	Bodypump Hetty
10.00	-	10.45	X-core Susanne
10.55	-	11.40	Shercules Susanne
15.30	-	16.30	Bodypump Ilone
19.00	-	19.45	X-core Wendy
19.50	-	20.35	BRN Yonna
body & mindzaal			(L) = met Livestream
10.00	-	11.00	Bodybalance Hetty
13.00	-	14.00	Zen Corinne
14.15	-	15.00	Blijf in beweging Corinne
19.30	-	20.30	Zumba Tooraj
indoor cycling			
19.30	-	20.30	Indoor Cycling Mark
zwembad			
09.15	-	09.45	Guppy zwemmen Corinne
10.00	-	10.30	Puppy zwemmen Corinne
12.45	-	13.30	Aquarobic Linda
13.30	-	14.15	Aquarobic Linda
19.00	-	20.00	Aquacombi Karinca

vrijdag

aerobiczaal			
09.00	-	10.00	Bodypump Charmain
10.15	-	11.00	BRN Wendy
body & mindzaal			(L) = met Livestream
10.15	-	11.05	YinYoga (L) Corinne
11.15	-	12.00	Yoga (L) Corinne
12.15	-	12.45	Coretraining Corinne
13.45	-	14.45	Pilates level one Karinca
indoor cycling			
09.00	-	10.00	Indoor Cycling René
10.15	-	11.15	Indoor Cycling Oksana
zwembad			
09.00	-	09.45	Aquafit Anouk/Karinca
10.00	-	10.45	Aquafit Anouk/Karinca

zaterdag

aerobiczaal			
09.30	-	10.15	BRN Sanne
body & mindzaal			
09.30	-	10.20	Pilates basis Laurens
10.30	-	11.20	Pilates level one Laurens

zondag

aerobiczaal			
09.40	-	10.40	Bodypump Ilone
11.05	-	12.05	Bodypump Hetty
body & mindzaal			
09.40	-	10.40	Bodybalance Hetty
10.45	-	11.30	X-core Esmeralda
indoor cycling			
10.00	-	10.45	Indoor Cycling Maik
11.00	-	11.45	Indoor Cycling Maik