

# activiteitenrooster

## maandag

### circuit

07.30	-	08.00	Circuittraining	Corrine
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### running

09.00	-	09.30	Walking into shape	Bianca
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09.30	-	10.00	Walking into shape	Bianca
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### funxtion

10.00	-	10.30	FunXtion F-Flex	Corrine
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19.00	-	20.00	Bokszaktraining	Sebastian
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### outdoor

07.15	-	08.15	HYROX	Mozes
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09.00	-	09.45	Bootcamp	Kevin
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19.15	-	20.00	Running Class HYROX *	Piet
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\* les wordt om de week gegeven

## dinsdag

### circuit

08.30	-	09.00	Circuittraining	Frans
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### funxtion

09.45	-	10.15	FunXtion Move-it	Lars
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10.15	-	11.15	Bokszaktraining	Frans
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13.00	-	13.30	FunXtion F-Flex	Corrine
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18.30	-	19.15	Bokszaktraining	Nick
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19.45	-	20.15	FunXtion Move-it	Julian
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20.15	-	20.35	Coretraining	Joran
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### running zone

09.00	-	09.30	Walking into shape	Lars
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### outdoor

9.00	-	10.00	HYROX	Timo
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18.45	-	19.30	Conditietraining	Julian
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19.30	-	20.30	HYROX	Nick
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20.30	-	21.30	TSQ-WOD	Nick
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## woensdag

### funxtion

07.30	-	08.00	FunXtion Move-it	Matthieu
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### Running zone

09.00	-	09.30	Walking into shape	Tirsa
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09.30	-	10.00	Walking into shape	Tirsa
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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

07.15	-	08.15	HYROX	Lars
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09.00	-	09.45	TSQ-Strength	Lars
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19.00	-	20.00	TSQ-WOD	Julian
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20.15	-	21.15	HYROX	Fabienne
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## donderdag

### funxtion

19.15	-	20.15	Bokszaktraining	Ferdinand
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### outdoor

19.00	-	20.00	HYROX	Julian
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## vrijdag

### circuit

08.00	-	08.30	Circuittraining	Matthieu
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### running zone

09.00	-	09.30	Walking into shape	Frans
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09.30	-	10.00	Walking into shape	Frans
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### funxtion

10.00	-	11.00	Bokszaktraining	Sebastian
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18.30	-	19.15	SheStrength (women only)	Mozes
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19.15	-	20.00	SheStrength (women only)	Mozes
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### outdoor

07.15	-	08.15	HYROX	Lars
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09.30	-	10.30	TSQ-WOD	Kevin
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## zaterdag

### outdoor

09.30	-	10.30	Conditietraining	Annelies
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11.30	-	12.30	HYROX	Sam
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## zondag

### outdoor

10.15	-	11.15	Bootcamp	Wisselend
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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				
09.00	-	09.45	Shapes	Marieneke
10.15	-	11.00	BBB	Sharon
19.00	-	20.00	Bodypump	Esmeralda
20.10	-	20.55	Xcore	Lucinda
body & mindzaal (L) = ook als Livestream				
09.00	-	09.50	Pilates level one (L)	Karinca
10.00	-	10.50	Pilates basis	Karinca
13.00	-	13.45	Blijf in beweging 55+	Corinne
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				
12.00	-	12.45	Aquacombi	Martijn
13.00	-	13.45	Aquacombi	Martijn

## dinsdag

aerobiczaal				
09.00	-	09.45	High Impact	Danielle
10.00	-	11.00	Steps	Danielle
19.00	-	19.45	BRN	Denise
20.00	-	21.00	Bodypump	Ilone
body & mindzaal (L) = ook als Livestream				
08.45	-	09.45	Bodybalance (L)	Jesca
09.45	-	10.45	YinYoga (L)	Jesca
13.45	-	14.45	Zen (L)	Corrine
18.15	-	19.10	Pilates	Laurens
19.15	-	20.10	Pilates	Laurens
20.20	-	21.20	YinYoga (L)	Jesca
indoor cycling				
09.00	-	10.00	Indoor Cycling	Erik

## woensdag

aerobiczaal				
09.00	-	09.45	Xcore	Sanne
10.15	-	11.15	Zumba	Tirsa
19.00	-	19.45	Xcore	Esmeralda
20.00	-	21.00	Bodypump	Esmeralda
body & mindzaal (L) = ook als Livestream				
09.00	-	09.50	Pilates 55+ (L)	Marieke
10.00	-	11.00	Bodybalance (L)	Marieke
11.10	-	12.10	YinYoga (L)	Bianca
19.00	-	19.50	Pilates (L)	Hetty
20.00	-	21.00	Bodybalance (L)	Hetty
indoor cycling				
09.00	-	10.00	Indoor Cycling	René
19.00	-	19.45	SciptCycle	Shamira
zwembad				
10.15	-	11.15	AquaCombi	Danielle

## donderdag

aerobiczaal				
09.00	-	09.45	HIIT	Danielle
10.00	-	11.00	BodyFit	Danielle
16.00	-	17.00	Bodypump	Hetty
19.00	-	19.45	Xcore	Linde
19.30	-	20.30	Zumba	Kim
19.50	-	20.35	BRN	Linde
20:40	-	21.25	Shapes	Marieneke
body & mindzaal (L) = ook als Livestream				
09.00	-	09.50	ChiFit (L)	Annelies
10.00	-	10.50	Pilates	Annelies
11.00	-	11.45	Blijf in beweging	Corinne
14.00	-	15.00	Zen (L)	Corinne
20.40	-	21.25	PowerYoga	Bianca
zwembad				
09.15	-	09.45	Guppy zwemmen	Corinne
10.00	-	10.30	Puppy zwemmen	Corinne
13.00	-	13.45	Aquarobic	Linda
14.00	-	14.45	Aquarobic	Linda
19.00	-	20.00	Aquacombi	Karinca
indoor cycling				
19.30	-	20.30	Indoor Cycling	Lucinda

## vrijdag

aerobiczaal				
09.00	-	10.00	Bodypump	Ilone
10.15	-	11.00	BRN	Lucinda
body & mindzaal (L) = ook als Livestream				
10.30	-	11.20	YinYoga (L)	Karinca
11.25	-	12.15	Yoga (L)	Karinca
12.15	-	12.45	Coretraining	Danielle
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	Danielle
10.00	-	10.45	Aquafit	Annelies

## zaterdag

aerobiczaal				
09.30	-	10.15	BRN	Sanne
body & mindzaal				
09.00	-	09.50	Pilates	Laurens
10.00	-	10.50	Pilates	Laurens

## zondag

aerobiczaal				
09.40	-	10.40	Bodypump	Ilone
11.00	-	12.00	Bodypump	Hetty
body & mindzaal				
09.40	-	10.40	Bodybalance	Hetty
10.45	-	11.30	Xcore	Esmeralda
indoor cycling				
10.00	-	11.00	Indoor Cycling	Maik