



# FITNESSCLUB EASYACTIVE

## Maandag

08:30 - 09:10	CrossMaxx 40
09:20 - 10:00	Crossmaxx Senior
10:15 - 11:10	Vinyasa yoga
11:15 - 12:10	Yinyoga
18.30 - 19.30	Yinyoga
19:00 - 19:50	Spinning
19:30 - 20:10	CrossMaxx 40
19:45 - 20:45	Vinyasa yoga
20:00 - 20:50	FatBURN+Power
20:50 - 21:45	Yin yoga

## Dinsdag

09:00 - 09:40	Crossmaxx 40
09:00 - 09:55	Yin yoga
10:00 - 10:55	Vinyasa yoga
10:15 - 11:00	Zumba-Gold
19:00 - 19:40	Crossmaxx 40
20:00 - 20:55	Zumba
20:00 - 20:55	Yin yoga

## Woensdag

08:30 - 09:10	CrossMaxx 40
09:20 - 10:00	Crossmaxx Senior
10:15 - 11:10	Vinyasa yoga
11:15 - 12:10	Yinyoga
18.30 - 19.30	Yinyoga
19:00 - 19:50	Spinning
19:30 - 20:10	CrossMaxx 40
19:45 - 20:45	Vinyasa yoga
20:50 - 21:50	Yin yoga

## Donderdag

09:00 - 09:40	CrossMaxx 40
09:00 - 09:55	Soft Vinyasa
10:00 - 10:55	Yin yoga
10:15 - 11:00	Zumba Gold
19:00 - 19:55	Yin yoga
20:00 - 20:55	Zumba

## Vrijdag

08:30 - 09:10	CrossMaxx 40
09:20 - 10:00	Crossmaxx Senior
10:15 - 11:10	Vinyasa yoga
11:15 - 12:10	Yinyoga

## Zaterdag

## Zondag

09:10 - 10:00	Spinning
10:00 - 10:40	CrossMaxx 40