

## NRG GROEPSLESSEN:

| Startuur | Maandag  | Dinsdag    | Woensdag | Donderdag  | Vrijdag  | Zaterdag   | Zondag   |
|----------|----------|------------|----------|------------|----------|------------|----------|
| 9.00     |          |            | Spinning |            |          |            |          |
| 9.15     | BBB      |            |          | Pilates    |          |            |          |
| 09:30    |          |            |          |            |          |            | Pilates  |
| 10.00    |          |            |          |            |          | Functional |          |
| 10.30    |          |            |          |            |          |            | Spinning |
| 11.00    |          |            |          |            |          | Yoga       |          |
| 11.30    |          |            |          |            |          |            |          |
| 12.00    |          |            |          |            |          |            |          |
| 12.30    |          | Buik & Rug |          | Buik & Rug |          |            |          |
| 13.30    |          |            |          |            |          |            |          |
| 13.30    |          |            |          | Yoga       |          |            |          |
| 14.00    | Pilates  |            |          |            |          |            |          |
| 18.00    |          | Yoga       |          | BBB        |          |            |          |
| 18.15    | Spinning |            | Pilates  |            | Bodypump |            |          |
| 18.30    |          |            |          |            |          |            |          |
| 19.00    |          |            |          |            |          |            |          |
| 19.15    | Bodypump | BBB        | Bodypump | Spinning   | Yoga     |            |          |
| 19.30    |          |            |          |            |          |            |          |
| 20.00    |          |            |          |            |          |            |          |
| 20.15    |          | Spinning   |          | Pilates    |          |            |          |
| 20.30    | Pilates  |            | Spinning |            |          |            |          |