ROOSTER Sportstudio S.P.A. vanaf 23 september 2019

	maandag		*dinsdag*		*woensdag*		*donderdag*		*vrijdag*		*zaterdag*	*zondag*
			9.00 Pilates (KL)		**9.00 Pilates** (KL)		**9.00 Club Joy Steps** (MI)		**9.00 Core & More & Power** (AK)		**08.45 Pilates** (CT)	**09.30 Spin & Sweat** (CT/AK)
			10.15 Yogalates (KL)						**10.15 Pilates WoW (zwembad)** (KL)	**10.15 Run & Fun** (AK)	**10.15 Club Joy Power** (CT)	
		18.45 Jump & Joy (CT)				**18.30 Run & Fun (AK)**						
	19.15 Core & More (AK)		**19.15 Pilates** (EE)		**19.30 Core & More (AK)**	**19.30 Jump & Joy (CT)**	**19.15 Club Joy Steps** (MI)	**19.30 Run & Fun** (AK)				**19.15 Club Joy Steps** (MI)
	20.30 Club Joy Power (AK)		**20.30 Yoga (EE)**	**20.00 Spin & Sweat (AK)**	**20.30 Pilates** (CT)		**20.30 Shake& Shape (MI)** (verwacht per oktober)	**20.30 Spin & Twist** (CT)				
	BRN	NRG	**BRN**	NRG	**BRN**	NRG	**BRN**	NRG	**BRN**	NRG	**BRN**	**BRN**