

ZOOM LESROOSTER!

Nieuw Groenendaal

Voor leden van Nieuw Groenendaal!
Lesduur 50 minuten

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | SUNDAY |
|-------|-------------------------------|-------------------------------|--------------------------|--------------------------------|--------------------------------|
| 08:45 | Pilates Annemarie | Essentrics Rosa | | | |
| 09:15 | | | | | Flow Yoga Annemarie |
| 10:15 | | | | | Pilates Annemarie |
| 17:00 | | | | BodyBalance Ingrid | |
| 19:00 | | | Pilates Esmee | | |
| 19:30 | BodyPump Ingrid | Yin Yoga Annemarie | | Flow Yoga Annemarie | |
| 20:30 | BodyBalance Ingrid | | | | |