

## Week 28

11-07-22 t/m 17-07-22

Aanvang	Maandag 11-07-22	Dinsdag 12-07-22	Woensdag 13-07-22	Donderdag 14-07-22	Vrijdag 15-07-22	Zaterdag 16-07-22	Zondag 17-07-22
08:05	Cycle X-press Virtual	Cycle X-press Virtual	Cycle X-press Virtual		Cycle X-press Virtual		<b>G</b>
08:45		Club Power X-press Virtual					<b>E</b>
09:00	Pilates Virtual		Body Shape Virtual	BBB Power Virtual	Pilates	Club Power	<b>S</b>
09:15	Bootcamp						<b>L</b>
10:00	Zumba					Yoga	<b>O</b>
18:00	Body Shape Virtual						<b>T</b>
19:00	Pilates	Yoga	Club Power	Zumba			<b>E</b>
19:15	Bootcamp						<b>N</b>
20:00	Kickboksen	HIIT NRGY-Core	Cycle X-press Virtual				
	Club Power						
20:15		Big Bag		Cycle X-press Virtual			
				Bootcamp			
21:00	Cycle X-press Virtual	Cycle X-press Virtual					

## Week 29

18-07-22 t/m 24-07-22

Aanvang	Maandag 18-07-22	Dinsdag 19-07-22	Woensdag 20-07-22	Donderdag 21-07-22	Vrijdag 22-07-22	Zaterdag 23-07-22	Zondag 24-07-22
08:05	Cycle X-press Virtual	Cycle X-press Virtual	Cycle X-press Virtual		Cycle X-press Virtual		<b>G</b>
08:45		Club Power X-press Virtual					<b>E</b>
09:00	Pilates Virtual		Body Shape Virtual	BBB Power Virtual	Pilates	Club Power	<b>S</b>
09:15	Bootcamp						<b>L</b>
10:00	Zumba					Yoga	<b>O</b>
18:00	Body Shape Virtual						<b>T</b>
19:00	Pilates	Yoga Virtual	Club Power	Zumba			<b>E</b>
19:15	Bootcamp						<b>N</b>
20:00	Kickboksen	HIIT NRGY-Core	Cycle X-press Virtual				
	Club Power						
20:15				Cycle X-press Virtual			
				Bootcamp			
21:00	Cycle X-press Virtual	Cycle X-press Virtual					

# Week 30

25-07-22 t/m 31-07-22

Aanvang	Maandag 25-07-22	Dinsdag 26-07-22	Woensdag 27-07-22	Donderdag 28-07-22	Vrijdag 29-07-22	Zaterdag 30-07-22	Zondag 31-07-22
08:05	Cycle X-press Virtual	Cycle X-press Virtual	Cycle X-press Virtual		Cycle X-press Virtual		<b>G</b>
08:45		Club Power X-press Virtual					<b>E</b>
09:00	Pilates Virtual		Body Shape Virtual	BBB Power Virtual	Pilates	Club Power	<b>S</b>
09:15	Bootcamp						<b>L</b>
10:00	Zumba					Yoga	<b>O</b>
18:00	Body Shape Virtual						<b>T</b>
19:00	Pilates	Yoga	Club Power	Zumba			<b>E</b>
19:15	Bootcamp			Ladies Kickboksen			<b>N</b>
20:00	Club Power	HIIT NRGY-Core	Cycle X-press Virtual				
20:15				Cycle X-press Virtual			
				Bootcamp			
21:00	Cycle X-press Virtual	Cycle X-press Virtual					

# Week 31

01-08-22 t/m 07-08-22

Aanvang	Maandag 01-08-22	Dinsdag 02-08-22	Woensdag 03-08-22	Donderdag 04-08-22	Vrijdag 05-08-22	Zaterdag 06-08-22	Zondag 07-08-22
08:05	Cycle X-press Virtual	Cycle X-press Virtual	Cycle X-press Virtual		Cycle X-press Virtual	<b>G</b>	
08:45		Club Power X-press				<b>E</b>	
09:00	Pilates Virtual		Body Shape	BBB Power	Pilates Virtual	<b>S</b>	
09:15	Bootcamp					<b>L</b>	
09:30						<b>O</b>	Cycle X-press Virtual
10:00	Zumba				Putten in beweging	<b>T</b>	
18:00	Body Shape					<b>E</b>	
19:00	Pilates	Yoga	Club Power	Zumba		<b>N</b>	
19:15	Bootcamp			Ladies Kickboksen			
20:00	Club Power	HIIT NRGY-Core Virtual	Cycle X-press Virtual				
20:15		Big Bag		Cycle X-press Virtual			
				Bootcamp			
21:00	Cycle X-press Virtual	Cycle X-press Virtual					

## Week 32

08-08-22 t/m 14-08-22

Aanvang	Maandag 08-08-22	Dinsdag 09-08-22	Woensdag 10-08-22	Donderdag 11-08-22	Vrijdag 12-08-22	Zaterdag 13-08-22	Zondag 14-08-22
08:05	Cycle X-press Virtual	Cycle X-press Virtual	Cycle X-press Virtual		Cycle X-press Virtual	<b>G</b>	
08:45		Club Power X-press				<b>E</b>	
09:00	Pilates Virtual		Body Shape	BBB Power	Pilates Virtual	<b>S</b>	
09:15	Bootcamp					<b>L</b>	
09:30						<b>O</b>	Cycle X-press Virtual
10:00	Zumba Virtual				Putten in beweging	<b>T</b>	
18:00	Body Shape					<b>E</b>	
19:00	Pilates Virtual	Yoga Virtual	Club Power	Zumba Virtual		<b>N</b>	
19:15	Bootcamp			Ladies Kickboksen			
20:00	Club Power	HIIT NRGY-Core Virtual	Cycle X-press Virtual				
20:15		Big Bag		Cycle X-press Virtual			
				Bootcamp			
21:00	Cycle X-press Virtual	Cycle X-press Virtual					

# Week 33

15-08-22 t/m 21-08-22

Aanvang	Maandag 15-08-22	Dinsdag 16-08-22	Woensdag 17-08-22	Donderdag 18-08-22	Vrijdag 19-08-22	Zaterdag 20-08-22	Zondag 21-08-22
08:05	Cycle X-press Virtual	Cycle X-press Virtual	Cycle X-press Virtual		Cycle X-press Virtual	<b>G</b>	
08:45		Club Power X-press				<b>E</b>	
09:00	Pilates Virtual		Body Shape	BBB Power	Pilates Virtual	<b>S</b>	
09:15	Bootcamp					<b>L</b>	
09:30						<b>O</b>	Cycle X-press Virtual
10:00	Zumba Virtual				Putten in beweging	<b>T</b>	
18:00	Body Shape					<b>E</b>	
19:00	Pilates Virtual	Yoga Virtual	Club Power	Zumba Virtual		<b>N</b>	
19:15	Bootcamp						
20:00	Kickboksen	HIIT NRGY-Core Virtual	Cycle X-press Virtual				
	Club Power						
20:15		Big Bag		Cycle X-press Virtual			
				Bootcamp			
21:00	Cycle X-press Virtual	Cycle X-press Virtual					