

Sportcentrum Gamerensport weekrooster

Maandag

09:00 - 10:00 Pilates
09:00 - 10:00 Cardio & Weight Fit
10:00 - 11:00 Pilates
16:00 - 17:00 Dance & Musical 7-10
16:00 - 17:00 Judo 4+
17:00 - 18:00 Dance & Musical vanaf 4 jaar
17:00 - 18:00 Judo 8+
18:00 - 19:00 Spinning
18:30 - 20:00 Aikido (Rhoon)
19:00 - 20:00 Body-Shape
20:00 - 21:00 Steps Total Work Out
20:00 - 21:00 Body-Balance
21:00 - 22:00 Bootcamp

Dinsdag

09:00 - 10:00 Total Body Work-out
10:00 - 11:00 Body-Balance
16:00 - 17:00 Drum Acrobatiek
16:00 - 17:00 Sport en Spel
17:00 - 18:00 Boksen
18:30 - 19:30 Spinning
19:30 - 20:30 Body-Shape
19:30 - 20:30 Body-Pump
20:30 - 21:30 Yoga

Woensdag

09:00 - 10:00 Pilates
09:00 - 10:00 Drum & Shape
10:00 - 11:00 BodyFit
14:00 - 15:00 Judo 3+
15:00 - 16:00 Judo 6+
16:00 - 17:00 Dance & Musical 5+
17:00 - 18:00 Dance & Musical 9+
18:00 - 19:00 Streetdance 12+
18:30 - 19:30 Body-Pump
19:30 - 20:30 Pilates & MVe (VERVALT OP 15 FEBRUARI)
19:30 - 20:30 Spinning
20:30 - 21:30 Zumba

Donderdag

09:00 - 10:00 Total Body Work-out
10:00 - 11:00 Tai Chi
12:30 - 13:15 Spinning
16:00 - 17:00 Judo 4+
16:00 - 17:00 Sport en Spel
17:00 - 17:45 Drum Alive Kids
17:00 - 18:00 Judo 8+
18:45 - 19:30 Spinning
19:30 - 20:30 Zumba
20:30 - 21:30 Bootcamp

Vrijdag

09:00 - 10:00 Steps
09:00 - 10:00 Body-Balance
10:00 - 11:00 Body-Pump
10:00 - 11:00 BodyFit
16:00 - 17:00 Streetdance
17:00 - 18:00 Streetdance
18:00 - 19:00 Streetdance
19:00 - 20:00 Spinning

Zaterdag

09:00 - 10:00 Zumba Fitness
10:00 - 11:00 Spinning
10:00 - 11:00 Tai Chi

Zondag

10:00 - 11:00 Spinning (periode 1 okt. - 1 mei)