

ROOSTER HRNSTR33 locatie Herenstraat + Outdoor

| | maandag | dinsdag | woensdag | donderdag | vrijdag | zaterdag | zondag |
|-------|-------------------------|-----------|-------------------------|------------------------|-----------------|---|------------------------|
| 08:45 | | | | | | Bodybalance | |
| 09:00 | Bodyshape | Bodyshape | Bodyshape | Bodyshape | Bodyshape | | Pilates |
| 09:00 | <i>Outdoor training</i> | | <i>Outdoor training</i> | | | | <i>*Outdoor XCO*</i> |
| 09:15 | | | <i>*Outdoor BB*</i> | | | | |
| 09:30 | | | | | | | |
| 10:00 | Reformer | | Reformer | | Reformer | Bodyshape | Bodyshape |
| 10:00 | | | | <i>Outdoor Pilates</i> | | <i>Outdoor running</i> | <i>*Outdoor BB*</i> |
| 10:15 | Pilates | Pilates | Pilates | Pilates | Bodybalance | | |
| 10:30 | | | <i>*Outdoor XCO*</i> | | | | |
| 11:00 | | | | | | Pilates | Bodypump |
| 11:15 | | | Bodypump | | Bodypump | | <i>*Outdoor Zumba*</i> |
| 11:30 | | | | | | | |
| 12:00 | | | | | | Bodypump | |
| 12:15 | | | | | | | Bodyshape |
| | | | | | | | |
| 16:30 | | | | | | HrnStr33 STRAAT Kom op tijd maar zeker niet te vroeg en alleen als je hebt gereserveerd! * Silent Disco * | |
| 17:00 | Pilates | | | | | | |
| 17:45 | | | Pilates | | | | |
| 18:00 | Bodyshape | Bodyshape | | Pilates | Bodybalance | | |
| 18:00 | <i>Outdoor training</i> | | | | | | |
| 18:45 | | | Bodypump | | | | |
| 19:00 | XCO | Bodypump | | XCO | XCO | | |
| 19:00 | | | | | | | |
| 19:15 | | | | | | | |
| 19:30 | | | | | | | |
| 19:45 | | | | Bodypump | | | |
| 20:00 | Bodypump | | Bodybalance | | | | |
| 20:15 | | XCO | | | | | |
| 21:00 | | | | Pilates | | | |

Rooster vanaf 14 juni

ROOSTER HRNSTR33 locatie Herenweg + Zoom

| | Maandag | dinsdag | woensdag | donderdag | vrijdag | zaterdag | zondag | |
|-------|-----------------|-------------|-----------|-------------|---|--------------|---------------|--|
| 09 00 | | Spinning | Spinning | Spinning | * Bodybalance * | * Pilates * | | |
| 09 00 | | | | | | | | |
| 09 15 | | | | | Spinning | | | |
| 09 30 | | | | | | Spinning | Spinning | |
| 09 45 | | | | | | | | |
| 10:00 | | | | | | * Bodypump * | Pilates | |
| 10 00 | | | | | | | | |
| 10 15 | | | | | * Pilates * | | | |
| 10 30 | | | | | HrnStr33 WEG Kom op tijd maar zeker niet te vroeg en alleen als je hebt gereserveerd! * ook via Zoom * | Spinning | Spinning | |
| 10 45 | | | | | | | | |
| 11 00 | | | | | | | * Bodypump * | |
| 11 15 | | | | | | | * Yogalates * | |
| 12 00 | | | | | | | | |
| | | | | | | | | |
| 17.00 | Bodyshape | | | | | | | |
| 17.30 | | Yogalates | | | | | | |
| 18:00 | * Bodypump * | | | | | | | |
| 18:15 | | | Spinning | Bodypump | | | | |
| 18:30 | Spinning | | Bodyshape | | | | | |
| 18:30 | | Bodybalance | | | | | | |
| 18.45 | | Spinning | | | | | | |
| 19:15 | * Bodybalance * | | Spinning | | | | | |
| 19:30 | | | | Spinning | | | | |
| 19:30 | Spinning | | Pilates | XCO | | | | |
| 19.45 | | Bodypump | | | | | | |
| 20.00 | | | | | | | | |
| 20.15 | | | | | | | | |
| 20:30 | * Pilates * | | Bodypump | Bodybalance | | | | |
| 20.45 | | | | | | | | |
| 21:00 | | | | | | | | |

Rooster vanaf 14 juni