CORPUS NOVUM
gezond fit mooi

Lesrooster
(Hoofdrooster)
Oirschot

Maandag

ClubCycle	09:00 - 10:00
Corpus Workout	09:00 - 10:00
Core	10:00 - 10:15
Pilates	10:00 - 11:00
ClubPower	19:00 - 20:00
Rug - Nek scholing	19:00 - 20:00
PinkBoxing	20:00 - 21:00
Corpus Workout	20:00 - 21:00
ClubCycle	20:00 - 21:00

Dinsdag

Fit & Fifty	09:00 - 10:00
Power Yoga	10:00 - 11:00
Jump-In	19:00 - 19:30
Power Yoga	19:00 - 20:00
Step/Power Combinatie	19:30 - 20:30
ClubYoga	20:30 - 21:30

Woensdag

Yoga	08:00 - 08:30
PinkBoxing	09:00 - 10:00
Rug - Nek scholing	10:00 - 11:00
Nirvana Fitness	11:00 - 12:00
Tai Chi Tao	18:30 - 19:30
Jump-In	18:55 - 19:25
ClubCycle	19:30 - 20:30
Zumba	19:30 - 20:30
CrossBoxing	20:35 - 21:35

Donderdag

Yogalates	09:00 - 10:00
Corpus Workout	09:00 - 10:00
Zumba	10:00 - 11:00
Power Yoga	10:00 - 11:00
Pilates	19:00 - 20:00
PowerXpress	19:00 - 19:30
CycleXpress	19:35 - 20:05
BOSU!	20:10 - 20:40
ClubYoga	20:40 - 21:40

Vrijdag

Corpus Workout	09:00 - 10:00
Pilates	10:00 - 11:00

Zondag

Nirvana Fitness	09:00 - 10:00
ClubCycle	10:00 - 11:00