

Groepslessen zomerrooster op Uilenstede

van 1 juli t/m 1 september 2024

	<i>Tijd / Time</i>	<i>Les / Class</i>	<i>Locatie</i>
Maandag	12:00-13:00	BBBB/Pilates	studio 2
Monday	17:30-18:30	Zumba	studio 3
	18:00-19:00	Rhythm Ride	studio 1
	18:00-19:00	Pump	studio 2
	18:30-19:30	Bootyshape	studio 3
	19:30-20:30	Total Workout	studio 3
Dinsdag	17:30-18:30	Paaldansen	studio 2
Tuesday	18:30-19:30	Pilates	studio 1
	18:30-19:30	Xcore	studio 3
	18:45-19:45	Stretch&Flexibility	studio 2
	19:30-20:30	BBBB	studio 3
	20:30-21:30	Zumba	studio 3
Woensdag	09:00-10:00	Yoga (yin/yang)	studio 2
Wednesday	17:30-18:30	BBBB	studio 3
	18:15-19:15	Bootcamp	buiten
	18:30-19:30	Pump	studio 2
	19:30-20:30	Spinning	studio 1
	19:30-20:30	Step	studio 3
	20:30-21:45	Yoga (yin/yang)	studio 3
Donderdag	17:00-18:00	Pilates	studio 1
Thursday	18:00-19:00	Pump	studio 2
	18:00-19:00	Xcore	studio 3
	19:30-20:45	Yoga (yin)	studio 1
	Vrijdag	09:00- 09:45	Pump
Friday	10:00-10:45	Spinning	studio 1
	18:00-19:00	BBBB	studio 3
Zaterdag	10:15-11:15	Zumba	studio 3
Saturday	10:15-11:15	Pilates	studio 1
	11:30-12:30	Spinning	studio 1
Zondag/Sunday	10:15-11:45	Yoga (vinyasa)	studio 3

Bekijk www.sportcentrumvu.nl voor de actuele info.

Groupclasses summer schedule on Uilenstede

from July 1 until September 1 2024

	<i>Tijd / Time</i>	<i>Les / Class</i>	<i>Location</i>
Maandag	12:00-13:00	BBBB/Pilates	studio 2
Monday	17:30-18:30	Zumba	studio 3
	18:00-19:00	Rhythm Ride	studio 1
	18:00-19:00	Pump	studio 2
	18:30-19:30	Bootyshape	studio 3
	19:30-20:30	Total Workout	studio 3
Dinsdag	17:30-18:30	Paaldansen	studio 2
Tuesday	18:30-19:30	Pilates	studio 1
	18:30-19:30	Xcore	studio 3
	18:45-19:45	Stretch&Flexibility	studio 2
	19:30-20:30	BBBB	studio 3
	20:30-21:30	Zumba	studio 3
Woensdag	09:00-10:00	Yoga (yin/yang)	studio 2
Wednesday	17:30-18:30	BBBB	studio 3
	18:15-19:15	Bootcamp	buiten
	18:30-19:30	Pump	studio 2
	19:30-20:30	Spinning	studio 1
	19:30-20:30	Step	studio 3
	20:30-21:45	Yoga (yin/yang)	studio 3
Donderdag	17:00-18:00	Pilates	studio 1
Thursday	18:00-19:00	Pump	studio 2
	18:00-19:00	Xcore	studio 3
	19:30-20:45	Yoga (yin)	studio 1
	Vrijdag	09:00- 09:45	Pump
Friday	10:00-10:45	Spinning	studio 1
	18:00-19:00	BBBB	studio 3
Zaterdag	10:15-11:15	Zumba	studio 3
Saturday	10:15-11:15	Pilates	studio 1
	11:30-12:30	Spinning	studio 1
Zondag/Sunday	10:15-11:45	Yoga (vinyasa)	studio 3

Check www.sportcentrumvu.nl for the last information!

Vechtsporten rooster op Uilenstede van 1 juli t/m 1 september 2024

	<i>Tijd / Time</i>	<i>Les / Class</i>	<i>Locatie</i>
Maandag Monday	19:15-20:15	Kickboksen	studio 1
Dinsdag Tuesday	16:00-17:00	Bag & Weight training	studio 1
	19:30-20:30	Kickboksen	studio 1
	20:30-21:30	Boksen	studio 1
Woensdag Wednesday	19:45-20:45	Boksen	studio 2
Donderdag Thursday	09:00-10:00	Kickboksen	studio 1
	19:30-21:30	Kung Fu/Wushu	studio 3
Zaterdag Saturday	13:30-15:00	Kickboksen	studio 1

Regels voor fitness en groepslessen:

- Neem altijd een **handdoek** mee!
- Breng een mat mee naar de groepslessen
- Reserveren kan voor Paaldansen, Rhythm Ride/ Spinning:



<https://sportcentrumvu.nl>

Bekijk www.sportcentrumvu.nl voor meer info.

d.d.: 13 juni 2024

Martial Arts schedule on Uilenstede from July 1 until September 1 2024

	<i>Tijd / Time</i>	<i>Les / Class</i>	<i>Location</i>
Maandag Monday	19:15-20:15	Kickboksen	studio 1
Dinsdag Tuesday	16:00-17:00	Bag & Weight training	studio 1
	19:30-20:30	Kickboksen	studio 1
	20:30-21:30	Boksen	studio 1
Woensdag Wednesday	19:45-20:45	Boksen	studio 2
Donderdag Thursday	09:00-10:00	Kickboksen	studio 1
	19:30-21:30	Kung Fu/Wushu	studio 3
Zaterdag Saturday	13:30-15:00	Kickboksen	studio 1

Rules and regulations for fitness and group lessons

- Make sure to bring a **TOWEL** in de fitness!
- Bring a **MAT** to the group classes
- Book only for Spinning, Rhythm Ride/ Pole dance classes:



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Check www.sportcentrumvu.nl for information!

d.d.: 13 juni 2024