

Week 51 - Tentamenweek op Uilenstede

Normaal rooster t/m zondag 14 december 2025

Datum	Studio 1		Studio 3		Outdoor
Ma 15 dec.			9:00-10:00	Yoga	
	17:00-18:00	Yoga flow	12:00-13:00	BBBB/Pilates	
	18:00-19:00	Rhythm Ride	17:30-18:30	Zumba	
	19:15-20:45	Boksen	18:30-19:30	Pump	
			19:30-20:30	Total Workout	
Di 16 dec.			16:30-17:35	BJJ	
	17:30-18:30	Posture Pilates	17:45-18:30	Pump (45 min)	
	18:30-19:30	Pilates	18:30-19:30	Xcore	
	19:30-20:30	Kickboksen	19:30-20:30	BBBB	
	20:30-21:30	Muay Thai	20:30-21:30	Zumba	
Wo 17 dec.			9:00-10:00	Yoga	
			12:00-13:00	Step/BBBB	
	17:30-18:30	Posture Pilates	17:30-18:30	BBBB	18:15 BC*
	18:30-19:30	Pilates	18:30-19:30	Pump	
	19:30-20:30	Spinning	19:30-20:30	Step	
Do 18 dec.	9:00-10:00	Kickboksen (zakt)			
	17:00-18:00	Pilates	16:30-17:45	BJJ	
	18:15-19:00	Spinning	18:00-18:45	Pump	
	19:00-19:15	Core	18:45-19:15	Xcore	
	19:30-20:30	Yoga	19:15-20:00	Total Workout 'light'	
	20:30-21:30	MMA	20:15-22:15	KungFu/Wushu	
Vr 19 dec.	10:00-10:45	Spinning	9:00- 9:45	Pump	
	16:00-17:00	Self Defence ladies	10:00-10:45	Afro Booty	
	19:15-20:15	Yoga	18:00-19:00	BBBB	
Za 20 dec	10:15-11:15	Pilates	10:15-11:15	Zumba	
	11:30-12:30	Spinning			
Zo 21 dec			10:15-11:45	Yoga	
			12:00-13:00	Step	
			17:00-17:45	Zumba	

*BC = Bootcamp