

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG
9.00 Circuit +	9.00 Circuit training	9.00 Circuit +	9.00 Circuit training	9.00 BBBB	9.00 Body Pump
10.00 Circuit training	10.00 Pilates MVe 70+		9.00 Tai Chi	10.00 Circuit training	
	11.00 Esdege		10.00 Circuit Training		
13.00 Het Portaal	13.15 Esdege		10.00 Keep fit		
	14.15 Esdege		10.00 13.15 Esdege		
15.00 Streetdance 4-7 jaar	15.00 Streetdance 4-7 jaar	15.00 Afro Kids	15.00 Team Training	15.00 Streetdance 4-7 jaar	
15.45 Streetdance 7-10 jaar	15.45 Streetdance 7-10 jaar	15.45 K-POP 4-12 jaar	16.00 Next Gen Kids 4-12 jaar	15.45 Streetdance 7-10 jaar	
16.30 Streetdance 10-13 jaar	16.30 Streetdance 10-13 jaar	16.30 Performance All ages	16.30 Team training	16.30 Streetdance 10-13 jaar	
17.15 TikTok Alle leeftijden	17.15 Team training	17.15 Team training	17.30 Next Gen Youth 12+	17.15 Breakdance Alle leeftijden	
17.15 Moderne dans 12 +	17.30 Body Pump				
18.00 Hip Hop Basic 12+	18.00 Team training	18.00 Hip Hop Basic 12+	18.00 Mega Crew 12+	18.00 Hip Hop Basic 12+	
18.30 Yin Yoga	18.30 Freestyle Steps	18.30 Tae Bo	18.30 Body Pump	18.30 Full Body Work-out	
19.00 Hip Hop Choreo 12+	19.00 Team training	18.30 Body Pump	19.30 Spinning	19.00 Afro Dance 12+	
19.30 BBBB	19.30 Circuit training	19.00 Choreography 12+	20.00 Afro Fusion 12+	19.30 Zumba Volwassenen	
20.00 Team training	20.30 Power Yoga	19.30 Full Body Work-out	20.30 Disco Volwassenen	20.00 Foundations 12+	
20.30 Zumba Volwassenen	21.00 Industry training 12+	20.00 Commercial 12+	21.00 Industry Training	20.30 Hip Hop Basic 25+	
		20.30 Power Yoga			
		21.00 Industry Training 12+			