

## Rooster groepslessen

	Groepsleszaal FCW/ONE		Fitnessruimte FCW/ONE		Spinningzaal*** ONE		Budozaal I* FCW		Budozaal II* FCW		Ladies only* FCW	
<b>Ma.</b>	09.30 – 10.30 10.30 – 11.15 19.00 – 20.00 19.00 – 19.55 20.00 – 20.55	Step & shape BBB Senioren* Perfect shape by Cath* Zumba Bodyshape	19.00 – 19.15 20.00 – 20.15	Small group fitness Small group fitness	10.30 – 11.30 18.30 – 19.15	Spinning Beatriders			19.00 – 20.00 20.00 – 21.00	PT training* Kickboxing*		
<b>Di.</b>	09.30 – 10.30 18.45 – 19.45 19.00 – 20.00 20.00 – 21.00	Pump your body Yoga Perfect shape by Cath* Bodypump LesMills	19.00 – 19.15 20.00 – 20.15	Small group fitness Small group fitness	09.30 – 10.30 19.30 – 20.30	Virtual spinning Hitcycling/spinning	20.00 – 21.00	Boxing*			19.30 – 20.30	Kickboxing*
<b>Woe.</b>	09.30 – 10.30 19.00 – 20.00 19.30 – 20.30 20.30 – 21.30 20.30 – 21.30	Bodyshape Mindfull stretchen* Zumba Pilates BBB/circuit* (incl. 15 minuten hoelahoep)	19.00 – 19.15 20.00 – 20.15	Small group fitness Small group fitness	10.15 – 11.15 18.30 – 19.15	Virtual spinning Beatriders	17.00 – 18.00	Kickboxing jeugd*	19.00 – 20.00 20.00 – 21.00	PT training* Kickboxing*		
<b>Don.</b>	09.30 – 10.30 19.00 – 20.00 19.00 – 20.00 20.15 – 21.00	Fit & shape Bodypump LesMills Perfect shape by Cath* Stretch les	19.00 – 19.15 20.00 – 20.15	Small group fitness Small group fitness	09.30 – 10.30 10.45 – 11.15 19.00 – 20.00	Virtual spinning Spinning Virtual spinning					19.30 – 20.30	Kickboxing*
<b>Vrij.</b>	09.00 – 10.00 09.30 – 10.30 10.15 – 11.15 19.30 – 20.30	Pump that body Freestyle core training* Pilates Zumba	16.00 – 17.00 17.00 – 18.00 19.00 – 19.15 20.00 – 20.15	Jeugd fitness (8 t/m 12 jaar) Jeugd fitness (12 t/m 15 jaar) Small group fitness Small group fitness	10.30 – 11.30 19.30 – 20.30	Virtual spinning Virtual spinning	16.00 – 17.00 17.00 – 18.00 19.30 – 20.30	Judo voor kids (vanaf 4 tot 12 jaar)* Kickboxing jeugd* Zaktraining kickboxing*	13.30 – 14.30	PT training*		
<b>Zat.</b>	09.15 – 10.15 10.30 – 11.30 11.30 – 12.30	Bodypump LesMills Yoga Step & shape			09.30 – 10.30	Hitcycling/spinning			10.30 – 11.30 11.30 – 12.30	PT training* Kickboxing conditie*	13.00 – 14.00	Kickboxing*
<b>Zon.</b>	10.00 – 11.00	Bodypump LesMills	10.00 – 11.00	Bootcamp*	09.30 – 10.30	Hitcycling/spinning	10.00 – 11.00	Zelfverdediging*				

### One Fitness Weesp

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0294-767080

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### Fitness Center Weesp

Amstellandlaan 80, Weesp  
0294-411325

[www.fitnesscenterweesp.nl](http://www.fitnesscenterweesp.nl)

\* Deze lessen worden gegeven bij Fitness Center Weesp.  
Zonder \* worden gegeven bij One Fitness Weesp.  
\*\* Budoshin Dojo.  
\*\*\* Virtual spinning kan op verzoek op elk moment aan gezet worden.