

LESROOSTER ARTI VELDHOVEN

MAANDAG		
09.00-09.45	TBW	INDOOR
09.15-10.00	SPINNING	INDOOR
10.00-10.45	TBW	OUTDOOR
11.00-11.45	SENIOREN	OUTDOOR
19.00-19.45	TBW	INDOOR
19.00-19.45	ZUMBA	OUTDOOR
20.00-20.45	TBW	OUTDOOR
19.30-20.15	SPINNING	INDOOR
20.30-21.15	PILATES	INDOOR

DINSDAG		
09.00-09.45	TBW	INDOOR
11.00-11.45	SENIOREN	OUTDOOR
20.00-20.45	TBW	INDOOR
20.15-21.00	SPINNING	INDOOR

WOENSDAG		
09.00-09.45	TBW	OUTDOOR
10.00-10.45	PILATES	INDOOR
11.00-11.45	SENIOREN	OUTDOOR
19.00-19.45	ZUMBA	INDOOR
19.15-19.45	CHALLENGE	OUTDOOR
20.00-20.45	TBW	OUTDOOR
20.15-21.00	SPINNING	INDOOR

DONDERDAG		
09.00-09.45	TBW	OUTDOOR
11.00-11.45	SENIOREN	OUTDOOR
19.00-19.45	TBW	OUTDOOR
19.15-20.15	ARTI PUMP	INDOOR
20.15-21.00	SPINNING	INDOOR

VRIJDAG		
09.00-09.45	TBW	INDOOR
09.15-10.00	SPINNING	INDOOR
10.00-10.45	TBW	OUTDOOR
11.00-11.45	SENIOREN	OUTDOOR
15.45-16.30	ARTI KIDS	

ZATERDAG		
09.00-09.45	TBW	OUTDOOR
10.00-10.45	PILATES	INDOOR

ZONDAG		
10.00-10.45	ZUMBA	INDOOR

LESROOSTER ARTI MEERHOVEN

MAANDAG		
09.15-10.00	TBW	OUTDOOR
19.00-19.45	TBW	OUTDOOR
20.00-20.45	ZUMBA	INDOOR
20.00-20.30	CHALLENGE	OUTDOOR

DINSDAG		
09.15-10.00	FIT & VITAAL	INDOOR/OUT?
19.00-19.45	TBW	OUTDOOR
20.00-20.45	ARTI PUMP	OUTDOOR
20.15-21.00	CARDIO BOXING	INDOOR

WOENSDAG		
09.15-10.15	ARTI PUMP	OUTDOOR
19.00-19.45	TBW	INDOOR
20.00-20.45	ZUMBA	INDOOR

DONDERDAG		
19.00-19.45	TBW	OUTDOOR
20.00-20.45	CARDIO BOXING	INDOOR

VRIJDAG		
9.15-10.00	TBW	OUTDOOR

ZATERDAG		
9.00-10.00	ARTI PUMP	OUTDOOR