

SCHEDULE LIJNBAAN PER SEPTEMBER 4

	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY				SUNDAY									
	YOGA 1	YOGA 2	BOX	HIT	YOGA 1	YOGA 2	BOX	HIT	OUTDOOR	YOGA 1	YOGA 2	BOX	HIT	YOGA 1	YOGA 2	BOX	HIT	OUTDOOR	YOGA 1	YOGA 2	BOX	HIT	YOGA 1	YOGA 2	BOX	HIT	YOGA 1	YOGA 2	BOX	HIT				
07.00				HIIT 50 min 0700 - 0750			HERO 50 min 0700 - 0750					BOX 50 min 0700 - 0750	HIIT 50 min 0730 - 0820	HOT26 90 min 0630 - 0800																				
08.00	SUPER FLOW 60 min 0730 - 0830		BOX 50 min 0730 - 0820		POWER 60 min 0730 - 0830		HERO 50 min 0800 - 0850					POWER CORE 60 min 0730 - 0830	BOX 50 min 0800 - 0850	HERO 50 min 0830 - 0920	SCULPT 60 min 0730 - 0830			HERO 50 min 0800 - 0850				HOT HATHA 60 min 0730 - 0830	BOX 50 min 0800 - 0850	HERO 50 min 0830 - 0920	HOT 26 60 min 0800 - 0900	FLOW 60 min 0830 - 0930	BOX 50 min 0830 - 0920			FLOW 60 min 0830 - 0930				
09.00	HOT 26 90 min 0900 - 1030	HATHA 60 min 0930 - 1030		HERO 50 min 0930 - 1020	FLEX 60 min 0930 - 1030		BOX 50 min 0930 - 0950					HOT 26 90 min 0930 - 1100		GENTLE FLOW 60 min 0930 - 1030	SCULPT 60 min 0900 - 1000			HIIT 50 min 0900 - 0950				HOT 26 60 min 0900 - 1000	FLOW 60 min 0930 - 1030	HERO 50 min 0930 - 1020	HOT 26 60 min 0930 - 1030	SUPER FLOW 75 min 0930 - 1020	BOX 50 min 0930 - 1020	HIIT 50 min 0900 - 0950	HOT 26 30 min 0830 - 0930	BOX 50 min 0830 - 0930				
10.00		RESTORE 60 min 1045 - 1145			MAMA FLOW 60 min 1030 - 1130							FLEX 60 min 1030 - 1130		FLOW & FLEX 60 min 1030 - 1130									MAMA FLOW 60 min 1030 - 1130	FLEX 60 min 1030 - 1130	HERO 50 min 1030 - 1120	HOT 26 60 min 0945 - 1100	BOX 50 min 1030 - 1120	HERO 50 min 1100 - 1150	POWER CORE 60 min 1100 - 1200	FLEX 60 min 1100 - 1200	BOX 50 min 1100 - 1150	HERO 50 min 0930 - 1020		
11.00																																HERO 50 min 0930 - 1020		
12.00	FLOW 60 min 1200 - 1300				FLOW 60 min 1200 - 1300		HERO 50 min 1200 - 1250			GENTLE FLOW 60 min 1200 - 1300		HERO 50 min 1200 - 1250		SCULPT 45 min 1200 - 1245				HIIT 50 min 1200 - 1250					FLOW 60 min 1200 - 1300			HOT HATHA 60 min 1215 - 1315	FLOW 60 min 1230 - 1330		HERO 50 min 1200 - 1250	FLOW & FLEX 60 min 1215 - 1315	RESTORE 60 min 1230 - 1330	HIIT 50 min 1130 - 1220		
13.00																																		
14.00																																		
15.00																																		
16.00		SCULPT 60 min 1600 - 1700																																
17.00	GENTLE FLOW 60 min 1630 - 1730			HERO 50 min 1630 - 1720	FLEX 60 min 1630 - 1730		HERO 50 min 1700 - 1750					HOT FLOW 60 min 1645 - 1745	HATHA 60 min 1630 - 1730	HERO 50 min 1615 - 1715	MIND & BREATH 60 min 1630 - 1730			HERO 50 min 1700 - 1750					SCULPT 60 min 1630 - 1730	FLOW 60 min 1615 - 1715		HOT 26 90 min 1600 - 1730	FLEX 75 min 1700 - 1815		HERO 50 min 1630 - 1800	MIND BREATH 60 min 1645 - 1745		HIIT 50 min 1615 - 1705		
18.00	FLEX 60 min 1745 - 1845	SUPER FLOW 60 min 1715 - 1815		HIIT 50 min 1730 - 1820	FLOW 60 min 1730 - 1830	BOX 50 min 1730 - 1820	HERO 50 min 1800 - 1850					RESTORE 60 min 1745 - 1845	BOX 50 min 1730 - 1820	HERO 50 min 1730 - 1830	MAMA FLOW 60 min 1745 - 1845	BOX 50 min 1745 - 1835	HIIT 50 min 1800 - 1850					FLOW 60 min 1800 - 1900	RESTORE 60 min 1730 - 1830	BOX 50 min 1730 - 1820	HERO 50 min 1700 - 1815			HERO 50 min 1800 - 1850	POWER CORE 60 min 1800 - 1900	FLOW & FLEX 60 min 1800 - 1900				
19.00	SCULPT 60 min 1900 - 2000	BOX 50 min 1900 - 1950		HERO 50 min 1830 - 1920	POWER 60 min 1845 - 1945	FLEX 60 min 1830 - 1920	HERO 50 min 1900 - 1950	RUN 75 min 1900 - 1950				SCULPT 60 min 1915 - 2015	MAMA STRONG 60 min 1900 - 1945	HIIT 50 min 1845 - 1945	POWER CORE 60 min 1845 - 1945	FLOW 60 min 1845 - 1935	BOX 50 min 1845 - 1935	HIIT 50 min 1900 - 1950	RUN 75 min 1900 - 1950									HERO 50 min 1830 - 1920						
20.00		FLEX 60 min 2000 - 2050		BOX 50 min 2000 - 2050			HIIT 50 min 2000 - 2050					FLOW 60 min 2000 - 2100	HERO 50 min 2000 - 2050	HOT 26 90 min 2000 - 2130	HATHA 60 min 2015 - 2115			HERO 50 min 2000 - 2050																
21.00	POWER CORE 60 min 2030 - 2130																																	

LOW INTENSITY MEDIUM INTENSITY HEATED CLASS HIGH INTENSITY