

ZOMERROOSTER 2022

18 juli t/m 28 augustus

MAANDAG

	<u>wk29</u>	<u>wk30</u>	<u>wk31</u>	<u>wk32</u>	<u>wk33</u>	<u>wk34</u>
08.55 Megawalk	18-7	-	1-8	8-8	15-8	-
09.00 Slenderen	18-7	25-7	1-8	8-8	15-8	22-8
09.00 Total Body	-	25-7	-	-	15-8	22-8
09.30 Total Body	18-7	-	1-8	8-8	15-8	-
09.30 FitnessCircuit	18-7	25-7	1-8	8-8	15-8	22-8
09.35 Megawalk	-	25-7	-	-	15-8	22-8
18.00 Kickboxing beg.	-	-	-	8-8	15-8	22-8
18.30 Crossbox	18-7	25-7	1-8	8-8	15-8	22-8
19.00 HIIT	18-7	-	1-8	8-8	15-8	22-8
19.00 Kickboxing gev.	-	-	-	8-8	15-8	22-8
19.00 Pilates	18-7	25-7	1-8	-	-	-
19.00 Megawalk	18-7	25-7	1-8	8-8	15-8	22-8
19.40 Megawalk + buik	18-7	25-7	-	-	15-8	22-8
19.40 Power X-press	18-7	25-7	1-8	8-8	15-8	22-8

DINSDAG

	<u>wk29</u>	<u>wk30</u>	<u>wk31</u>	<u>wk32</u>	<u>wk33</u>	<u>wk34</u>
07.25 Megawalk + buik	-	-	-	-	16-8	23-8
08.55 Megawalk	19-7	26-7	2-8	9-8	16-8	23-8
09.30 Total Body	19-7	26-7	2-8	9-8	16-8	23-8
10.00 Crossbox	19-7	26-7	2-8	9-8	16-8	23-8
18.45 Step/Total Body	19-7	26-7	2-8	-	-	-
19.00 Hatha Yoga	-	26-7	2-8	9-8	16-8	23-8
19.00 Crossbox	19-7	26-7	2-8	9-8	16-8	23-8
19.00 Megawalk	19-7	26-7	2-8	9-8	16-8	23-8
19.00 Jumping	19-7	26-7	-	-	16-8	23-8
19.40 Megawalk + buik	-	26-7	-	-	16-8	23-8
19.45 CBB mannen	-	-	-	-	16-8	23-8

WOENSDAG

	<u>wk29</u>	<u>wk30</u>	<u>wk31</u>	<u>wk32</u>	<u>wk33</u>	<u>wk34</u>
08.15 Megawalk + buik	-	27-7	-	-	17-8	24-8
08.55 Megawalk	20-7	27-7	3-8	10-8	17-8	24-8
09.00 Step/Total Body	-	-	3-8	10-8	17-8	24-8
09.30 Total Body	20-7	27-7	3-8	10-8	17-8	24-8
10.00 FitnessCircuit	-	27-7	-	-	17-8	24-8
10.05 Ying Yang Yoga	-	27-7	3-8	10-8	17-8	24-8
18.00 Kickboxing beg.	-	-	-	10-8	17-8	24-8
18.30 Yoga	20-7	27-7	3-8	10-8	17-8	24-8
18.45 Power	20-7	27-7	3-8	10-8	17-8	24-8
19.00 Kickboxing gev.	-	-	-	10-8	17-8	24-8
19.00 Megawalk + buik	20-7	27-7	-	-	17-8	24-8
19.30 FitnessCircuit	20-7	-	-	10-8	17-8	24-8
19.40 Megawalk + buik	20-7	-	3-8	10-8	17-8	24-8
20.00 HIIT	-	-	-	10-8	17-8	24-8
20.00 B-kick	-	-	-	-	17-8	24-8

DONDERDAG

	<u>wk29</u>	<u>wk30</u>	<u>wk31</u>	<u>wk32</u>	<u>wk33</u>	<u>wk34</u>
08.55 Megawalk	21-7	28-7	4-8	11-8	18-8	25-8
09.15 X-FIIT	21-7	28-7	4-8	11-8	18-8	25-8
09.30 Total Body	21-7	28-7	4-8	11-8	18-8	25-8
10.15 60+ Fit	21-7	28-7	4-8	11-8	18-8	25-8
18.15 Kickboxing gev.	-	-	-	11-8	18-8	25-8
19.00 Crossbox	-	28-7	4-8	11-8	18-8	25-8
19.00 Megawalk	21-7	28-7	4-8	11-8	18-8	25-8
19.00 Booty/Total Body	-	28-7	-	-	18-8	25-8
19.30 Spinning	21-7	-	-	11-8	18-8	25-8
19.40 Megawalk + buik	-	-	-	-	-	25-8

VRIJDAG

	<u>wk29</u>	<u>wk30</u>	<u>wk31</u>	<u>wk32</u>	<u>wk33</u>	<u>wk34</u>
08.15 Megawalk	22-7	29-7	5-8	12-8	19-8	26-8
08.55 Megawalk	22-7	29-7	5-8	12-8	19-8	26-8
09.00 Kettlebell	-	29-7	-	-	19-8	26-8
09.00 Slenderen	22-7	29-7	5-8	12-8	19-8	26-8
09.30 YogaFit	22-7	29-7	5-8	12-8	19-8	26-8
09.30 Total Body	-	29-7	-	-	19-8	26-8
10.00 FitnessCircuit	22-7	-	-	12-8	19-8	26-8
18.30 Megawalk	-	29-7	-	-	19-8	26-8
19.00 Bootcamp/Cross	22-7	29-7	5-8	12-8	19-8	26-8

ZATERDAG

	<u>wk29</u>	<u>wk30</u>	<u>wk31</u>	<u>wk32</u>	<u>wk33</u>	<u>wk34</u>
09.15 Crossbox	-	-	-	13-8	20-8	27-8
09.20 Megawalk+buik	23-7	30-7	6-8	13-8	20-8	27-8
10.00 Power	23-7	30-7	6-8	13-8	20-8	27-8
10.00 Crossbox	23-7	30-7	6-8	13-8	20-8	27-8
11.00 Kickboxing gev.	-	-	-	13-8	20-8	27-8

ZONDAG

	<u>wk29</u>	<u>wk30</u>	<u>wk31</u>	<u>wk32</u>	<u>wk33</u>	<u>wk34</u>
08.55 Megawalk + buik	24-7	31-7	7-8	14-8	21-8	28-8
09.30 Crossbox	24-7	31-7	7-8	14-8	21-8	28-8
09.30 Totalbody	24-7	31-7	7-8	14-8	21-8	28-8

Openingstijden: 18 juli t/m 28 augustus

Ma.	07.00 - 21.45 uur
Di.	07.00 - 21.45 uur
Wo.	07.00 - 21.45 uur
Do.	07.00 - 21.45 uur
Vrij.	07.00 - 21.00 uur
Za.	08.30 - 13.30 uur
Zo.	08.30 - 13.30 uur

Kinderoppas t/m 4 jr.

	<u>wk29</u>	<u>wk30</u>	<u>wk31</u>	<u>wk32</u>	<u>wk33</u>	<u>wk34</u>	
Wo.	08.45 - 11.00	-	-	3-8	10-8	17-8	24-8
Vrij.	08.45 - 11.00	-	-	5-8	12-8	19-8	26-8

Vanaf maandag 29 augustus is het normale lesrooster weer van kracht.
Namens de medewerkers van USA Sport & Healthclub wensen wij alle sporters een hele fijne vakantieperiode toe.



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