



Lesrooster ZAANDAM

Miller Sport Zaandam
 Kuilpad 1
 1509 AS Zaandam
 Tel: 075-6311775
 info@millersports.nl
 website: www.millersports.nl

TIJD	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	TIJD	Zaterdag	Zondag
09:00			SPINNING®			09.30	TOTALSHAPE	
09.30	TOTALSHAPE	ZUMBA®	BODYPUMP®	TOTALSHAPE	STEPS	10.00	XCO (45 min)	BODYPUMP®
09.30		TOTALSHAPE				10.00		TOTALSHAPE
10.00			STEPS		BODYBALANCE	10.30	ZUMBA®	
10.30			SH'BAM (45 min)			11.00	BODYBALANCE®	BODY COMBAT®
						11.00		SPINNING®
18.30	TOTALSHAPE	POWERGYM	POWERGYM	POWERGYM				
18.30		STEPS						
19.00	XCO (45 min)		TOTALSHAPE		BODYPUMP®			
19.00					BODYSHAPE			
19.30	STEPS	ZUMBA®	ZUMBA®	ZUMBA®				
19.30		BODY COMBAT®		SPINNING®				
20.00	BODYPUMP®		XCO (45 min)					Studio 1 = wit Studio 2 = grijs
20.00								
20.30	SPINNING	BODYBALANCE®	BODYPUMP®					
20.30		CXWORX COMBI						
21.00								

Alle lessen duren 55 minuten tenzij anders aangegeven