# Schedule
## (Hoofdrooster)
## Wassenaar

### Maandag

| | |
|---|---|
| Synrgy360 | 07:45 - 08:15 |
| CXworx | 08:30 - 09:00 |
| Synrgy360 | 09:00 - 09:30 |
| Bodyshape | 09:15 - 10:15 |
| Interval Spinning | 09:15 - 10:00 |
| Core Training | 10:00 - 10:10 |
| Yoga | 10:15 - 11:15 |
| Bodyshape Light | 13:15 - 14:00 |
| Stretch | 14:00 - 14:10 |
| Bodypump | 18:15 - 19:15 |
| Synrgy360 | 19:00 - 19:30 |
| Bodyshape | 19:15 - 20:15 |
| Interval Spinning | 19:45 - 20:30 |
| Boxing | 20:15 - 21:15 |
| Core Training | 20:30 - 20:40 |

### Dinsdag

| | |
|---|---|
| Synrgy360 | 08:30 - 09:00 |
| Synrgy360 | 09:00 - 09:30 |
| Step Aerobics | 09:15 - 10:15 |
| Bodyshape | 10:15 - 11:15 |
| Pilates | 18:15 - 19:15 |
| Synrgy360 | 19:00 - 19:30 |
| Boxing | 19:15 - 20:15 |
| Endurance Spinning | 19:45 - 20:30 |
| Synrgy360 | 20:00 - 20:30 |
| Yin Yoga | 20:30 - 21:30 |
| Core Training | 20:45 - 20:55 |

### Woensdag

| | |
|---|---|
| CXworx | 08:30 - 09:00 |
| Synrgy360 | 09:00 - 09:30 |
| Bodypump | 09:15 - 10:15 |
| HIIT Spinning | 09:15 - 09:45 |
| Core Training | 09:45 - 09:55 |
| Yoga | 10:15 - 11:15 |
| Synrgy360 | 13:45 - 14:15 |
| Bodyshape | 19:15 - 20:15 |
| Runnersclub | 19:30 - 20:30 |
| Synrgy360 | 19:30 - 20:00 |
| Interval Spinning | 19:45 - 20:30 |
| Yoga | 20:15 - 21:15 |
| Core Training | 20:30 - 20:40 |

### Donderdag

| | |
|---|---|
| Interval Spinning | 09:15 - 10:00 |
| Boxing | 09:15 - 10:15 |
| Core Training | 10:00 - 10:10 |
| Pilates | 10:15 - 11:15 |
| Yoga Light | 13:15 - 14:15 |
| Bodypump | 19:15 - 20:15 |
| Synrgy360 | 19:30 - 20:00 |

### Vrijdag

| | |
|---|---|
| Synrgy360 | 07:45 - 08:15 |
| CXworx | 08:30 - 09:00 |
| Synrgy360 | 09:00 - 09:30 |
| Bodyshape | 09:15 - 10:15 |
| Interval Spinning | 09:15 - 10:00 |

# Schedule
## (Hoofdrooster)
## Wassenaar

### Vrijdag

| | |
|---|---|
| Core Training | 10:00 - 10:10 |
| Bodypump | 10:15 - 11:15 |
| Yin Yoga | 11:30 - 12:30 |
| Interval light Spinning | 13:15 - 14:00 |
| Core Training | 14:00 - 14:10 |
| Zumba | 19:15 - 20:15 |

### Zaterdag

| | |
|---|---|
| Step Aerobics | 09:15 - 10:15 |
| Interval Spinning | 09:15 - 10:00 |
| Synrgy360 | 09:30 - 10:00 |
| Core Training | 10:00 - 10:10 |
| Bodyshape | 10:15 - 11:15 |
| Bodypump | 11:15 - 12:15 |
| BodyMind | 12:30 - 13:30 |

### Zondag

| | |
|---|---|
| Synrgy360 | 09:00 - 09:30 |
| Bodypump | 09:15 - 10:15 |
| Interval Spinning | 09:45 - 10:30 |
| Bodybalance | 10:15 - 11:15 |
| Synrgy360 | 10:30 - 11:00 |