

Raalte

vanaf 5 oktober

Alle lessen duren 45 minuten

| | maandag | dinsdag | woensdag | donderdag | vrijdag | zaterdag | zondag |
|-------|------------------|-----------------------|-----------------------|-----------------------|-----------------------|------------------|------------------|
| 8.45 | Vital Workout | | Megawalk | | | | |
| 9.00 | | Bodyshape | Vital Aqua | Vital Workout | Vital Workout | Loopgroep | |
| 9.00 | | | Virtuele Wattage | | Virtuele Wattage | Postpartum les | |
| 9.15 | Megawalk | Vital Spinning buiten | BodyPump | Vital Spinning buiten | Megawalk | Megawalk | Megawalk |
| 9.30 | BodyShape | | Vital Yoga | BodyShape | | Virtuele Wattage | Virtuele Wattage |
| 10.00 | Vital Yoga | | | | Vital Zumba Dance | Ultimate workout | BodyJam |
| 10.15 | Spinning Wattage | | BodyShape | | | Zwangerschapsles | BodyPump |
| 11.00 | | | | | | BodyAttack | BodyBalance |
| 11.15 | | | | | | Zwangerschapsles | |
| 13.00 | Virtuele Wattage | | | Virtuele Wattage | Vital Pilates | | |
| 17.00 | | | | | Jeugdfitness | | |
| 17.45 | Vital Spinning | | | Vital Spinning | | | |
| 18.00 | | Virtuele Wattage | | | | | |
| 18.15 | BodyPump | BodyAttack | | | | | |
| 18.30 | Megawalk | Megawalk | BodyJam | | | | |
| 18.45 | Ultimate Workout | Vital Workout | Megawalk | BodyAttack | | | |
| 19.00 | Vital Steps | Loopgroep | Loopgroep | Spinning Wattage | BodyPump | | |
| 19.00 | | | Vital Workout | | | | |
| 19.15 | BodyShape | Spinning Wattage | | Megawalk Combi | Vital Spinning | | |
| 19.15 | Spinning Wattage | | Vital Spinning | | | | |
| 19.30 | Megawalk Combi | BodyPump | Vital Pilates | | VitalBoxing Beginners | | |
| 19.30 | | | | BodyBalance | | | Fitness |
| 19.45 | Vital Workout | BodyShape | VitalBoxing Gevorderd | Vital Steps | | | Buiten voor |
| 19.45 | | | Megawalk | | | | Buiten achter |
| 20.00 | BodyBalance | Vital Boxing Mix | Vital Zumba Dance | Spinning Wattage | | | Zwembad |
| 20.00 | | | Vital Workout | Vital Workout | | | Gele zaal |
| 20.15 | Vital Aqua | Vital Aqua | Spinning Wattage | Vital Aqua | | | Blauwe zaal |
| 20.15 | Spinning Wattage | Vital Spinning | | | | | Spinning zaal |
| 21.00 | | | | Vital Workout | | | Bokszaal |