



Rooster v.a. 1 september 2011:

* Roosterwijzigingen onder voorbehoud.

Zwembad:

| | Maandag | Dinsdag | Woensdag | Donderdag | Vrijdag | Zaterdag | Zondag |
|---------------------------|----------------------------|----------------------------|----------------------------|----------------------------|-------------|-------------|-------------|
| Banen Zwemmen | 07:00-17:30 19:30-21:30 | 07:00-17:30 19:30-21:30 | 07:00-17:30 19:30-21:30 | 07:00-17:30 19:30-21:30 | 07:00-17:30 | 10:00-16:00 | 10:00-16:00 |
| Recreatief Zwemmen | 07:00-15:30 19:30-21:30 | 07:00-15:30 19:30-21:30 | 07:00-14:00 19:30-21:30 | 07:00-15:30 19:30-21:30 | 07:00-15:30 | 10:00-16:00 | 10:00-16:00 |

*Zwembad iedere eerste woensdag van de maand tussen 12:00-13:00 uur gesloten wegens onderhoud.

Aqualessen:

| | | | | | | | |
|-----------------------------|-------------|--|-------------|-------------|--|--|--|
| M.B.V.O. 55+ Zwemmen | 10:00-10:45 | | 10:15-11:00 | | | | |
| AquaJoggen | 20:15-21:00 | | 19:30-20:15 | | | | |
| AquaAerobics | 19:30-20:15 | | 20:15-21:00 | | | | |
| AquaZumba | | | | 19:00-19:45 | | | |

Overige activiteiten zwembad:

| | | | | | | | |
|------------------------------|-------------|-------------|-------------|-------------|----------------------------|-------------|-------------|
| BabyPeuter-Zwemmen | 09:30-11:00 | | 09:00-10:30 | | 09:00-10:30 | | |
| Zwangerschaps-Zwemmen | 19:15-20:00 | | | | | | |
| CardioZwemmen | | | | 14:00-14:45 | | | |
| Particuliere Zwemles | 15:30-18:30 | 15:30-18:30 | 14:00-19:00 | 15:30-18:30 | 12:45-15:15 15:30-18:30 | 08:30-13:30 | 08:30-10:30 |
| Volwassen Zwemles | | 14:00-15:00 | | | | | |
| School Zwemmen | | 08:30-11:30 | | 08:30-11:45 | | | |

Fitness:

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|-------------------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| Openingstijden Fitness | 08:30-22:00 | 07:00-22:00 | 08:30-22:00 | 07:00-22:00 | 08:30-21:00 | 08:30-13:00 | 10:00-13:00 |
| M.B.V.O. 55+ Fitness | 11:00-12:00 | 11:00-12:00 | 11:00-12:00 | 11:00-12:00 | | | |
| Jeugdfitness | | 16:00-17:00 | | 16:00-17:00 | | | |
| Buikspierkwartier | 10:00-10:15 | 10:00-10:15 | 10:00-10:15 | 10:00-10:15 | 10:00-10:15 | 10:00-10:15 | 11:00-11:15 |
| | 16:00-16:15 | 16:00-16:15 | 16:00-16:15 | 16:00-16:15 | 16:00-16:15 | 12:00-12:15 | |
| | 19:00-19:15 | 19:00-19:15 | 19:00-19:15 | 19:00-19:15 | 19:00-19:15 | | |
| | 21:00-21:15 | 21:00-21:15 | 21:00-21:15 | 21:00-21:15 | 20:00-20:15 | | |

Zaal 1:

| | | | | | | | |
|------------------------|----------------------------|-------------|-------------|-------------|--|-------------|-------------|
| Zumba | 10:00-11:00 19:00-20:00 | 20:00-21:00 | 20:00-21:00 | 10:00-11:00 | | 10:00-11:00 | 10:00-11:00 |
| Zumba Gold | | 10:00-11:00 | | | | | |
| ZumbaToning | | | 09:00-10:00 | | | | |
| ZumbAtomic | | | 16:15-17:00 | | | | |
| Dance&Shape | | 09:00-10:00 | | | | | |
| BodyShape | 20:00-21:00 | | 19:00-20:00 | 09:00-10:00 | | | |
| Bootcamp | | | | 19:00-20:00 | | | |
| Pilates | | 19:00-20:00 | | | | 09:00-10:00 | |
| Yoga | | | | 20:00-21:00 | | | |

Zaal 2:

| | | | | | | | |
|-----------------|-------------------------------------------|----------------------------|-------------------------------------------|-------------|-------------|-------------|-------------|
| Spinning | 09:00-10:00 19:00-20:00 20:00-21:00 | 18:00-19:00 20:00-21:00 | 09:00-10:00 19:00-20:00 20:00-21:00 | 20:00-21:00 | 09:00-10:00 | 09:00-10:00 | 10:00-11:00 |
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