CAESAR

FITNESS + SPA RESORT

	Aerobic Studio		Body & Mind		Spinning Studio		Swimming pool	
MAANDAG	09:15 - 10:05	Body Pump	09:15 - 10:05	Hatha Yoga	09:30 - 10:20	Spinning	11:30 - 12:20	Aqua Aerobics
	10:15 - 11:05	Mix Fit	10:15- 11:05	Body Balance				
	15:45 - 16:35	Body Pump	11:15 - 12:05	Pilates				
			15:45 - 16:35	Vinyasa Yoga				
DINSDAG	09:15 - 10:05	Body Pump	09:15 - 10:05	Vinyasa Yoga	09:30 - 10:20	Spinning	10:30 - 11:20	Aqua Aerobics
	10:15 - 11:05	Body Combat	10:15 - 11:05	Yin Yoga				
	15:45 - 16:35	Zumba	11:15 - 11:45	Breathing				
			15:45 - 16:35	Pilates				
WOENSDAG	09:15 - 10:05	Body Pump	09:15 - 10:05	Pilates			15:45 - 16:35	Aqua Aerobics
	15:45 - 16:35	Mix Fit	10:15 - 11:05	Vinyasa Yoga				
			15:45 - 16:35	Hatha Yoga				
DONDERDAG	09:15 - 10:05	Body Pump	09:15 - 10:05	Hatha Yoga			10:30 - 11:20	Aqua Aerobics
	10:15 - 11:05	Body Combat	10:15 - 11:05	Body Balance				
	15:45 - 16:35	Body Pump	15:45 - 16:35	Yin Yoga				
VRIJDAG	09:15 - 10:05	Body Pump	07:15 - 08:05	Hatha Yoga	09:30 - 10:20	Spinning	10:30 - 11:20	Aqua Aerobics
	15:45 - 16:35	Mix Fit	09:15 - 10:05	Pilates				
			10:15 - 11:05	Yin Yang Yoga				
			15:45 - 16:35	Pilates				
ZATERDAG	09:15 - 10:05	Mix Fit	09:15 - 10:05	Pilates	10:30 - 11:20	Spinning	11:30 - 12:20	Aqua Aerobics
	10:15 - 11:05	Body Pump	10:15 - 11:05	Hatha Yoga				
	11:15 - 12:05	Salsation	11:15 - 12:05	Body Balance				
	13:30 - 14:20	Body Pump	12:15 - 12:45	Breathing				
			13:00 - 13:50	Yin Yoga				
			15:30 - 16:20	Vinyasa Yoga				
ZONDAG	09:15 - 10:05	Body Pump	09:15 - 10:05	Pilates	10:30 - 11:20	Spinning	11:30 - 12:20	Aqua Aerobics
	10:15 - 11:05	Body Combat	10:15 - 11:05	Body Balance				
	11:15 - 12:05	Zumba	11:15 - 12:05	Yin Yang Yoga				
	13:30 - 14:20	Body Pump	15:30 - 16:20	Vinyasa Yoga				