

GROEPSLESSEN VC BRABANT

JANUARI 2026

	Core Training	Circuit Training	Total BodyFit	Hiit (High Intensity Interval Training)	Yoga (Body & Mind)	Benen Billen Buik	Spinning
do 01 jan	GESLOTEN	GESLOTEN	GESLOTEN	GESLOTEN	GESLOTEN	GESLOTEN	GESLOTEN
vr 02 jan		08:45-09:15 09:15-09:45 09:45-10:15		19:00-19:30 (V)	10:45-11:15 (V)		
ma 05 jan	09:15-09:30			11:00-11:30 (V)			18:30-19:15 19:30-20:15
di 06 jan	09:15-09:30	20:00-20:30					10:30-11:15 18:45-19:30
wo 07 jan		08:45-09:15 09:15-09:45	18:00-19:00				10:30-11:15 (!) 19:15-20:00 (V) 20:15-21:00 (V)
do 08 jan						09:15-09:45	10:30-11:15
vr 09 jan		08:45-09:15 09:15-09:45 09:45-10:15		19:00-19:30 (V)	10:45-11:15 (V)		
ma 12 jan	09:15-09:30			11:00-11:30 (V)			18:30-19:15 19:30-20:15
di 13 jan	09:15-09:30	20:00-20:30					10:30-11:15 18:45-19:30
wo 14 jan		08:45-09:15 09:15-09:45	18:00-19:00				10:30-11:15 (!) 19:15-20:00 (V) 20:15-21:00 (V)
do 15 jan						09:15-09:45	10:30-11:15
vr 16 jan		08:45-09:15 09:15-09:45 09:45-10:15		19:00-19:30 (V)	10:45-11:15 (V)		
ma 19 jan	09:15-09:30			11:00-11:30 (V)			18:30-19:15 19:30-20:15
di 20 jan	09:15-09:30	20:00-20:30					10:30-11:15 18:45-19:30
wo 21 jan		08:45-09:15 09:15-09:45	18:00-19:00				10:30-11:15 (!) 19:15-20:00 20:15-21:00
do 22 jan						09:15-09:45	10:30-11:15
vr 23 jan		08:45-09:15 09:15-09:45 09:45-10:15		19:00-19:30 (V)	10:45-11:15 (V)		
ma 26 jan	09:15-09:30			11:00-11:30 (V)			18:30-19:15 19:30-20:15
di 27 jan	09:15-09:30	20:00-20:30					10:30-11:15 18:45-19:30
wo 28 jan		08:45-09:15 09:15-09:45	18:00-19:00				10:30-11:15 (!) 19:15-20:00 20:15-21:00
do 29 jan						09:15-09:45	10:30-11:15
vr 30 jan		08:45-09:15 09:15-09:45 09:45-10:15		19:00-19:30 (V)	10:45-11:15 (V)		

(V) = Virtuele Les

(!) Nieuwe les