

GROEPSLESSEN VC BRABANT

FEBRUARI 2026

	Core Training	Circuit Training	Total BodyFit	HiIT (High Intensity Interval Training)	Yoga (Body & Mind)	Benen Billen Buik	Spinning
ma 02 feb	09:15-09:30			11:00-11:30 (V)			18:30-19:15 19:30-20:15
di 03 feb	09:15-09:30	20:00-20:30					10:30-11:15 18:45-19:30
wo 04 feb		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
do 05 feb						09:15-09:45	10:30-11:15
vr 06 feb		08:45-09:15 09:15-09:45 09:45-10:15		19:00-19:30 (V)	10:45-11:15 (V)		
ma 09 feb				11:00-11:30 (V)			18:30-19:15 19:30-20:15
di 10 feb	09:15-09:30	20:00-20:30					10:30-11:15 18:45-19:30
wo 11 feb		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 12 feb						09:15-09:45	10:30-11:15
vr 13 feb		08:45-09:15 09:15-09:45 09:45-10:15		19:00-19:30 (V)	10:45-11:15 (V)		
ma 16 feb				11:00-11:30 (V)			
di 17 feb							10:30-11:15 (V) 18:45-19:30 (V)
wo 18 feb			18:00-19:00				10:30-11:15 (V) 19:15-20:00 (V) 20:15-21:00 (V)
do 19 feb						09:15-09:45	10:30-11:15
vr 20 feb		08:45-09:15 09:15-09:45 09:45-10:15		19:00-19:30 (V)	10:45-11:15 (V)		
ma 23 feb	09:15-09:30			11:00-11:30 (V)			18:30-19:15 19:30-20:15
di 24 feb	09:15-09:30	20:00-20:30					10:30-11:15 18:45-19:30
wo 25 feb		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 26 feb						09:15-09:45	10:30-11:15
vr 27 feb		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