

GROEPSLESSEN VC BRABANT

APRIL 2026

	Core Training	Circuit Training	Total BodyFit	Hiit (High Intensity Interval Training)	Yoga (Body & Mind)	Benen Billen Buik	Spinning
wo 01 april		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 02 april						09:15-09:45	10:30-11:15
vr 03 april		08:45-09:15 09:15-09:45 09:45-10:15		19:00-19:30 (V)	10:45-11:15 (V)		
ma 06 april	2e Paasdag	2e Paasdag	2e Paasdag	2e Paasdag	2e Paasdag	2e Paasdag	2e Paasdag
di 07 april	09:15-09:30	20:00-20:30 20:30-21:00					10:30-11:15 18:45-19:30
wo 08 april		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 09 april						09:15-09:45	10:30-11:15
vr 10 april		geen circuit training		19:00-19:30 (V)	10:45-11:15 (V)		
ma 13 april	09:15-09:30			11:00-11:30 (V)			18:30-19:15 19:30-20:15
di 14 april	09:15-09:30	20:00-20:30 20:30-21:00					10:30-11:15 18:45-19:30
wo 15 april		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 16 april						09:15-09:45	10:30-11:15
vr 17 april		08:45-09:15 09:15-09:45 09:45-10:15		19:00-19:30 (V)	10:45-11:15 (V)		
ma 20 april	09:15-09:30			11:00-11:30 (V)			18:30-19:15 19:30-20:15
di 21 april	09:15-09:30	20:00-20:30 20:30-21:00					10:30-11:15 18:45-19:30
wo 22 april		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 23 april						09:15-09:45	10:30-11:15
vr 24 april		08:45-09:15 09:15-09:45 09:45-10:15		19:00-19:30 (V)	10:45-11:15 (V)		
ma 27 april	Koningsdag	Koningsdag	Koningsdag	Koningsdag	Koningsdag	Koningsdag	Koningsdag
di 28 april	09:15-09:30	20:00-20:30 20:30-21:00					10:30-11:15 18:45-19:30
wo 29 april		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 30 april						09:15-09:45	10:30-11:15

(V) = Virtuele Les