

| | Maandag | Dinsdag | Woensdag | Donderdag | Vrijdag | Zaterdag |
|-------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|
| 7:30 | Fysiofitness 07.30-08.30 | Fysiofitness 07.30-08.30 | Fysiofitness 07.30-08.30 | Fysiofitness 07.30-08.30 | Fysiofitness 07.30-08.30 | |
| 7:45 | | | | | | |
| 8:00 | | | | | | |
| 8:15 | | | | | | |
| 8:30 | Gym 08.30-09.20 | Gym 08.30-09.20 | Gym 08.30-09.20 | Fitmix 08.30-09.20 | Fysiofitness 08.30-09.30 | Fysiofitness 08.30-10.00 |
| 8:45 | | | | | | |
| 9:00 | | | | | | |
| 9:15 | | | | | | |
| 9:30 | Gym 9.30-10.20 | Fysiofitness 09.30-10.30 | Fitmix 09.30-10.20 | Gym 09.30-10.20 | Fysiofitness 09.30-10.30 | |
| 9:45 | | | | | | |
| 10:00 | | | | | | Fitmix 10.00-10.50 |
| 10:15 | | | | | | |
| 10:30 | Fysiofitness 10.30-11.30 | Fysiofitness 10.30-11.30 | Fysiofitness 10.30-11.30 | Fysiofitness 10.30-11.30 | Fysiofitness 10.30-11.30 | |
| 10:45 | | | | | | |
| 11:00 | | | | | | Fysiofitness 11.00-12.15 |
| 11:15 | | | | | | |
| 11:30 | Fysiofitness 11.30-12.30 | Fysiofitness 11.30-12.30 | Fysiofitness 11.30-12.30 | Fysiofitness 11.30-12.30 | Fysiofitness 11.30-12.30 | |
| 11:45 | | | | | | |
| 12:00 | | | | | | |
| 12:15 | | | | | | Fysiofitness 12.15-13.30 |
| 12:30 | | | | | | |
| 12:45 | | | | | | |
| 13:00 | | | | | | |
| 13:15 | | | | | | |
| 13:30 | Gym 13.30-14.20 | Seniorfit 13.30-14.20 | Fitmix 13.30-14.20 | Seniorfit 13.30-14.20 | Gym 13.30-14.20 | |
| 13:45 | | | | | | |
| 14:00 | | | | | | |
| 14:15 | | | | | | |
| 14:30 | Seniorfit 14.30-15.20 | Fysiofitness 14.30-16.00 | Fysiofitness 14.30-16.00 | Fysiofitness 14.30-16.00 | | |
| 14:45 | | | | | | |
| 15:00 | | | | | | |
| 15:15 | | | | | | |
| 15:30 | Fysiofitness 15.30-17.00 | | | | | |
| 15:45 | | | | | | |
| 16:00 | | | | | | |
| 16:15 | | | | | | |
| 16:30 | | | | | | |
| 16:45 | | | | | | |
| 17:00 | | | | | | |
| 17:15 | | | | | | |
| 17:30 | | | | | | |
| 17:45 | Fysiofitness 17.45-19.00 | Fysiofitness 17.45-19.00 | Fysiofitness 17.45-19.00 | Fysiofitness 17.45-19.00 | | |
| 18:00 | | | | | | |
| 18:15 | | | | | | |
| 18:30 | | | | | | |
| 18:45 | | | | | | |
| 19:00 | Fitmix 19.00-19.50 | Fysiofitness 19.00-20.00 | Fysiofitness 19.00-20.00 | Fysiofitness 19.00-20.00 | | |
| 19:15 | | | | | | |
| 19:30 | | | | | | |
| 19:45 | | | | | | |
| 20:00 | | Aeromix 20.00-20.50 | | | | |
| 20:15 | | | | | | |
| 20:30 | | | | | | |
| 20:45 | | | | | | |