

Groepsles rooster

	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
07.00 – 07:30		Before Work (out)		Before Work (out)			
09:30 – 10:30						Balance	Smart Mix
10:10 – 11:00	Core & Circuit		Core & Circuit		Core & Circuit		
15:00 – 16:00			Bootcamp				
17:30 – 18:00			HIT Strength				
18:00 – 18:30			HIT Cardio				
18:30 – 19:00			HIT Boxing				
19:10 – 20:00	Boxing beginners	Core & Circuit		Core & Circuit			
20:10 – 21:00	Boxing advanced	Strength Circuit		Strength Circuit			