

Groepsles rooster



Maandag

	10.10 – 11.00		Core & Circuit
	19.10 – 20.00		Boxing
	20.10 – 21.00		Boxing

Dinsdag

	7.00 – 7.30		Before Work-out
	19.10 – 20.00		Core & Circuit
	20.10 – 21.00		Strength Circuit

Woensdag

	10.10 – 11.00		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

Donderdag

	7.00 – 7.30		Before Work-out
	10.10 – 11.00		Core & Circuit
	18.10 – 19.00		Kickboxing
	19.10 – 20.00		Core & Circuit
	20.10 – 21.00		Strength Circuit

Vrijdag

	10.10 – 11.00		Core & Circuit
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Zaterdag

	8.30 – 9.30		Bodypump
	9.45 – 10.45		Balance

Zondag

	9.30 – 10.30		Smart Mix
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