

# Groepsles rooster



## Maandag

	10.00 – 10.50		Core & Circuit
	18.45 – 19.35		Boxing
	19.45 – 20.35		Boxing

## Dinsdag

	7.00 – 7.30		Before Work-out
	18.45 – 19.35		Core & Circuit
	19.45 – 20.35		Strength Circuit

## Woensdag

	10.00 – 10.50		Core & Circuit
	15.00 – 15.50		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
	18.45 – 19.35		Core & Circuit
	19.45 – 20.35		Strength Circuit

## Vrijdag

	10.00 – 10.50		Core & Circuit
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## Zaterdag

	8.30 – 9.30		Bodypump
	9.45 – 10.45		Balance

## Zondag

	9.30 – 10.20		Smart Mix
	10.30 – 11.20		Smart Mix