

## Groepsles rooster



### Maandag

	10.00 – 10.50		Core & Circuit
	19.00 – 19.40		Boxing
	19.45 – 20.25		Boxing
	20.30 – 21.00		HIT Boxing

### Dinsdag

	7.00 – 7.30		Before Work-out
	19.00 – 19.40		Strength Circuit
	19.45 – 20.25		Strength Circuit
	20.30 – 21.00		HIT Cardio

### Woensdag

	10.00 – 10.50		Core & Circuit
	15.00 – 15.30		HIT Boxing
	19.00 – 19.45		Body Pump
	20.00 – 21.00		Balance

### Donderdag

	7.00 – 7.30		Before Work-out
	19.00 – 19.40		Strength Circuit
	19.45 – 20.25		Strength Circuit
	20.30 – 21.00		Boxing advanced

### Vrijdag

	9.00 – 9:50		BBB (Benen/billen/buik)
	10.00 – 10.50		Core & Circuit

### Zaterdag

	8:45 – 9.25		Strength Circuit
	9.30 – 10.20		Boxing

### Zondag

	9.30 – 10.10		Smart Mix
	10.15 – 10.55		Smart Mix
	11.00 – 11.40		Smart Mix