

Groepsles rooster



Maandag

	10.00 – 10.50		Core & Circuit
	12.30 – 13.00		Smart Mix
	18.00 – 18.30		Outdoor training @ PSV
	18.35 – 19.05		Outdoor training @ PSV
	19.10 – 19.40		Outdoor training @ PSV
	19.45 – 21.15		Outdoor training @ PSV

Dinsdag

	7.00 – 7.30		Before Work-out
	18.00 – 18.30		Outdoor training @ PSV
	18.35 – 19.05		Outdoor training @ PSV
	19.10 – 19.40		Outdoor training @ PSV
	19.45 – 21.15		Outdoor training @ PSV

Woensdag

	10.00 – 10.50		Core & Circuit
	12.30 – 13.00		Smart Mix
	15.00 – 15.30		HIT Boxing
	18.00 – 18.30		Outdoor training @ PSV
	18.35 – 19.05		Outdoor training @ PSV
	19.10 – 19.40		Outdoor training @ PSV
	19.45 – 21.15		Outdoor training @ PSV

Donderdag

	7.00 – 7.30		Before Work-out
	18.00 – 18.30		Outdoor training @ PSV
	18.35 – 19.05		Outdoor training @ PSV
	19.10 – 19.40		Outdoor training @ PSV
	19.45 – 21.15		Outdoor training @ PSV

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