



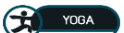


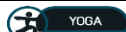






Groepslesrooster vanaf 29 januari 2018

Cycle zaal	maandag	dinsdag	woensdag	donderdag	vrijdag	zaterdag	zondag
Ochtend							
09.00-10.00	 CYCLE	virtual cycle	 DANCE	 CYCLE	 CYCLE		 CYCLE
Avond							
19.30-20.30	 CYCLE	 CYCLE	 CYCLE	 CYCLE			
20.30-21.30			 CYCLE				
Groepsleszaal	maandag	dinsdag	woensdag	donderdag	vrijdag	zaterdag	zondag
Ochtend							
09.00-10.00	 BBB	 STEP  DANCE	 POWER	 BBB	 POWER	 POWER	
10.00-11.00	 FITPLUS+		 YOGA	 FITPLUS+	 YOGA	YOGA	
Avond							
19.00-19.30	 HIIT						
19.30-20.30	 POWER	 BBB	 POWER				
20.00-21.00				 YOGA			
20.30-21.30		 YOGA					
Fitness	maandag	dinsdag	woensdag	donderdag	vrijdag	zaterdag	zondag
Ochtend							
09.00 - 09.30	 Gladiator	Octane Cross Circuit	ENERGY ZONE	Octane Cross Circuit	ENERGY ZONE		
09.30 - 10.00	 Fitbal	 Fitbal	 Fitbal	 Fitbal	 Fitbal	 Fitbal	 Fitbal
10.00 - 10.30						 Gladiator	Octane Cross Circuit
Avond							
19.00 - 19.30	 Ski Fit		 Ski Fit				
19.30 - 20.00	ENERGY ZONE	 Gladiator	Octane Cross Circuit	 Gladiator	ENERGY ZONE		
20.00 - 20.30	 Fitbal	 Fitbal	 Fitbal	 Fitbal	 Fitbal		

