











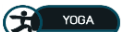
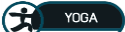



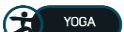
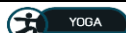











Groepslesrooster

vanaf 2 maart 2018

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



