

GROEPSLESSEN

All About You

	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
9:30						09:30 RPM	
10:00	10:00 BODYBALANCE				10:00 BODYBALANCE	10:00 BODYCOMBAT	
	10:00 BOOTCAMP						
11:00						11:00 PILATES 45m	
12:00				12:00 BODYSHAPE			
				12:00 BOOTCAMP		12:00 Functional Circuit training 45m	
14:00							
17:45	17:45 Functional Circuit training 45m						
18:30	18:30 POWER YOGA	18:30 BODYCOMBAT	18:30 PILATES 45m				
			18:30 Functional Circuit training 45m				
19:00							
20:00							

