

# GROEPSLESSEN

## All About You

	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
9:00						09:00 CYCLING 50m	
10:00	10:00 BODYBALANCE				10:00 BODYBALANCE		
10:30						10:30 BODYSHAPE 45m	
11:00							11:00 POWER YOGA
11:15						11:15 PILATES 45M	
12:00	12:00 HIIT 45M	12:00 BODYCOMBAT		12:00 PILATES 45m			
12:30						12:30 BODYCOMBAT	12:30 Functional Circuit training 45m
12:45				12:45 HIIT 45m			
15:30			15:30 CYCLING 50M				

