

GROEPSLESSEN

All About You

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00						09:00 CYCLING 50m	09:00 PUMP 50M
10:00	10:00 HATHA YOGA		10:00 HATHA YOGA				10:00 BODYCOMBAT
10:30						10:30 BODYSHAPE 45m	
11:15						11:15 PILATES 45M	
11:30							11:30 Functional Circuit training 45m
17:30	17:30 BODYSHAPE 45M	17:30 CORE 20M	17:30 PILATES 45M		17:30 HATHA YOGA		
17:00				17:00 Xcore 45m			
18:00		18:00 CYCLING 50M		18:00 CYCLING 50M			
18:20							
18:30	18:30 Functional Circuit training 45m		18:30 PUMP				
19:00					19:00 Functional Circuit training 45m		
19:10							
19:15		19:15 BODYCOMBAT		19:15 Functional Circuit training 45m			
19:30	19:30 PUMP						
20:10							

