

GROEPSLESSSEN

All About You

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
10:00 HATHA YOGA	17:30 CORE 20M	10:00 HATHA YOGA	17:00 Xcore 45m	17:30 HATHA YOGA	09:00 CYCLING 50m	09:00 PUMP 50M
17:30 BODYSHAPE 45M	18:00 CYCLING 50M	17:30 PILATES 45M	18:00 CYCLING 50M		10:30 BODYSHAPE 45m	10:00 BODYCOMBAT
18:30 Functional Circuit training 45m	19:15 BODYCOMBAT	18:30 PUMP	19:15 Functional Circuit training 45m		11:15 PILATES 45M	11:15 PILATES 45M
19:30 PUMP		19:30 PUMP				12:15 Functional Circuit training 45m

