Rooster groepslessen vanaf september 2018

GROUP ZONE

Tijd	Maandag		Dinsdag		Woensdag		Donderdag		Vrijdag		Zaterdag		Zondag
08.15									Poweryoga	Samira			
09.00	FreshBalance (1 x per 3 wk. Feel Good Monday!)	Lisa/Jacq.Kes	Bodyshape	Jacq.Kok	Total Body Workout	Alex	Dance Xplosion	Priscilla			Body Xplosion	Priscilla	
09.15									BBB	Jacq.Kes			
10.00			Total Body Workout	Jacq.Kok									Sunday Wake up Workout
10.30	Senioren Fitness	Gideon											
13.30	Pilates	Trudy	Senioren Fitness	Irene			Senioren Fitness	Aaltje					
17.00			B-Kick meisjes	Jacq.Kok					Body Power / HIT	Lize			
17.30					Kickboksen	Patrick							
18.00									Interval boksing	Dave			
18.30	Body Xplosion	Priscilla	Pilates	Aaltje	Total Body Workout	Priscilla	Power Pump	Jacq.Kok					
19.30	Pole Fitness (1,5 uur)	Tara	Total Body Workout	Ben	Pilates	Trudy	Dance Xplosion	Priscilla					
19.30	Poweryoga (in de stretchzone!)	Samira											