

Rooster groepslessen vanaf 27 januari 2020

Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
9.00 - 10.00 FreshBalance Melissa	9.00 - 10.00 Bodyshape Jacqueline Kok	9.00 - 10.00 Challenge of the Day Alex	9.00 - 10.00 FreshBalance Melissa	8.15 - 9.15 Poweryoga Samira	9.15 - 10.15 Killing Workout Priscilla	10.00 - 11.00 Sunday Wake up Workout Dylan
10.00 - 10.45 ZwangerFit & MamaFit * Melissa	10.00 - 11.00 Total Body Workout Jacqueline Kok	13.15 - 14.15 Challenge of the Day (jeugd 8-14 jaar) Jos	13.30 - 14.30 Senioren Fitness Aaltje	9.15 - 10.15 BBB Jacqueline Kes		
10.30 - 11.30 Senioren Fitness Gideon	10.45 - 11.30 (kleine zaal boven) Poweryoga Samira	17.30 - 18.30 Kickboksen Patrick	18.30 - 19.30 Powerpump Jacqueline Kok	14.00 - 14.45 Valpreventie* Melissa		
13.30 - 14.30 Pilates Trudy	13.30 - 14.30 Senioren Fitness Irene	18.00 - 18.45 (kleine zaal boven) RugFit* Melissa	19.30 - 20.30 Dance Xplosion Priscilla	17.00 - 18.00 Body Power/HIT Lize		
17.15 - 18.15 Kickboksen Patrick	17.00 - 18.00 B-Kick meiden Jacqueline Kok	18.30 - 19.30 Total Body Workout Priscilla				
18.30 - 19.30 Body Xplosion Priscilla	18.30 - 19.30 Pilates Aaltje	19.30 - 20.30 Pilates Trudy				
19.30 - 21.00 Pole Fitness	19.30 - 20.30 Killing Workout					