

PER 6 JANUARI 2020

## MAANDAG

| GROEPSLESZAAL |                          | FITNESSZAAL   |                  |
|---------------|--------------------------|---------------|------------------|
| 09:00 - 10:00 | BODY SHAPE               | 09:00 - 09:15 | CORE TRAINING    |
| 18:00 - 18:45 | KICKFUN                  | 10:00 - 10:30 | WOTW             |
| 19:00 - 20:00 | POWER                    | 15:00 - 16:00 | SENIOREN FIT     |
| 20:00 - 21:00 | SPINNING<br>T/M 30 MAART | 19:30 - 20:00 | CIRCUIT TRAINING |
|               |                          | 20:00 - 20:15 | CORE TRAINING    |
|               |                          | 20:15 - 20:45 | WOTW             |

## WOENSDAG

| GROEPSLESZAAL |                          | FITNESSZAAL   |                  |
|---------------|--------------------------|---------------|------------------|
| 09:00 - 10:00 | DANCE FIT                | 09:00 - 09:15 | CORE TRAINING    |
| 18:00 - 19:00 | POWER                    | 09:15 - 09:45 | H-I-T WEIGHTLIFT |
| 19:30 - 20:30 | SPINNING<br>T/M 25 MAART | 10:00 - 10:45 | BBB              |
|               |                          | 19:00 - 19:30 | H-I-T STRENGTH   |
|               |                          | 20:00 - 20:15 | CORE TRAINING    |
|               |                          | 20:15 - 20:45 | WOTW             |

## VRIJDAG

| GROEPSLESZAAL |            | FITNESSZAAL   |                  |
|---------------|------------|---------------|------------------|
| 09:00 - 10:00 | POWER YOGA | 09:00 - 09:15 | CORE TRAINING    |
|               |            | 09:15 - 09:45 | CIRCUIT TRAINING |
|               |            | 18:00 - 18:30 | H-I-T WEIGHTLIFT |
|               |            | 19:00 - 20:00 | BOKS FIT         |
|               |            | 20:00 - 20:15 | CORE TRAINING    |

## ZONDAG

| GROEPSLESZAAL |       | FITNESSZAAL   |               |
|---------------|-------|---------------|---------------|
| 10:15 - 11:15 | POWER | 09:00 - 09:15 | CORE TRAINING |
|               |       | 09:15 - 09:45 | WOTW          |
|               |       | 11:30 - 12:15 | H-I-T CARDIO  |

## DINSDAG

| GROEPSLESZAAL |            | FITNESSZAAL   |                                    |
|---------------|------------|---------------|------------------------------------|
| 09:00 - 10:00 | FIT +      | 09:00 - 09:15 | CORE TRAINING                      |
| 19:00 - 20:00 | BODY SHAPE | 10:00 - 10:30 | WOTW                               |
| 20:00 - 21:00 | PILATES    | 18:00 - 19:00 | INDOOR BOOTCAMP<br>T/M 25 FEBRUARI |
|               |            | 20:00 - 20:15 | CORE TRAINING                      |
|               |            | 20:15 - 20:45 | WOTW                               |
| DOJO          |            |               |                                    |
| 09:00 - 10:00 | POWER YOGA |               |                                    |
| 19:00 - 20:00 | BOKS FIT   |               |                                    |
| OUTDOOR       |            |               |                                    |
|               |            | 18:00 - 19:00 | BOOTCAMP<br>PER 1 MAART            |

## DONDERDAG

| GROEPSLESZAAL |           | FITNESSZAAL   |                                    |
|---------------|-----------|---------------|------------------------------------|
| 09:00 - 10:00 | PILATES   | 09:00 - 09:15 | CORE TRAINING                      |
| 18:00 - 18:45 | KICKFUN   | 10:00 - 10:30 | WOTW                               |
| 19:30 - 20:15 | DANCE FIT | 11:00 - 12:00 | SENIOREN FIT                       |
|               |           | 18:00 - 19:00 | INDOOR BOOTCAMP<br>T/M 27 FEBRUARI |
|               |           | 20:00 - 20:15 | CORE TRAINING                      |
|               |           | 20:15 - 20:45 | WOTW                               |
| OUTDOOR       |           |               |                                    |
|               |           | 18:00 - 19:00 | BOOTCAMP<br>PER 1 MAART            |

## ZATERDAG

| GROEPSLESZAAL |       | FITNESSZAAL   |               |
|---------------|-------|---------------|---------------|
| 10:00 - 10:45 | H-I-T | 09:00 - 09:15 | CORE TRAINING |
|               |       | 10:45 - 11:00 | CORE TRAINING |
|               |       | 11:00 - 11:30 | WOTW          |

WOTW = WORKOUT OF THE WEEK

EEN WEKELIJKS TERUGKOMENDE WORKOUT MET DIVERSE TRAININGSVORMEN, GERICHT OP VERSCHILLENDE TRAININGSPRINCIPES, DIE JE ZOWEL INDIVIDUEEL KAN UITVOEREN OF ONDER BEGELEIDING VAN EEN INSTRUCTEUR.

### CONTACT

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### OPENINGSTIJDEN

MAANDAG T/M VRIJDAG 08:00 - 22:30  
ZATERDAG EN ZONDAG 08:30 - 16:00