

GROEPSLESSEN ROOSTER 2023

OPENINGSTIJDEN

Maandag – vrijdag 08.00 – 22.30

Zaterdag – zondag 08.30 – 16.00

	GROEPSLESZAAL	ALTERNATIEVE RUIMTE	FITNESS OF DOJO
MAANDAG	09.00 - 10.00 BODY SHAPE 18.00 - 19.00 KICKFUN 19.00 - 20.00 POWER 20.00 - 21.00 SPINNING	20.00 - 21.00 BOOTCAMP	15.00 - 16.00 SENIOREN FIT - FITNESS
DINSDAG	09.00 - 10.00 FIT + 19.00 - 20.00 BODYSHAPE 20.00 - 21.00 PILATES		19.00 - 20.00 BOKSFIT - DOJO
WOENSDAG	09.00 - 10.00 DANCEFIT 19.00 - 20.00 POWER	19.00 - 20.00 HIT STRENGTH	20.00 - 21.00 BOKSFIT - DOJO
DONDERDAG	09.00 - 10.00 PILATES 18.00 - 19.00 KICKFUN 19.15 - 20.15 PILATES 20.15 - 21.15 DANCEFIT	19.00 - 20.00 BOOTCAMP	10.00 - 11.00 SENIOREN FIT - FITNESS 18.00 - 18.45 STRENGTH & CONDITIONING 18.45 - 19.30 STRENGTH & CONDITIONING
VRIJDAG	09.00 - 10.00 POWER YOGA	17.00 - 17.30 HIT INTERVAL 18.30 - 19.00 HIT INTERVAL	09.15 - 10.00 CIRCUIT TRAINING - FITNESS
ZATERDAG		09.15 - 10.00 HIT LIGHT 10.00 - 10.45 HIT ADVANCED	
ZONDAG	10.15 - 11.15 POWER	11.15 - 12.00 HIT CARDIO	

CORE TRAINING

ELKE DAG 09.00 – 09.15