
Groepslesrooster Work-Out 2.0

Maandag (08:00 – 22:00)

09:30 – 10:30 Work-out 4 all

19:00 – 20:00 CrossFun

19:00 – 20:00 Power Pump

20:00 – 21:00 Step Attack

20:00 – 21:00 Yoga & Pilates

Donderdag (08:00 – 22:00)

08:30 – 08:55 Core (25min)

09:00 – 09:25 Hiit (25min)

09:30 – 09:55 Strength (25min)

18:45 – 19:45 Latin Dance

18:45 – 19:45 Hiit/zaktraining)

19:00 – 20:00 Power Pump

Dinsdag (08:00 – 22:00)

08:30 – 08:55 Core (25min)

09:00 – 09:25 Strength (25min)

18:30 – 19:30 Hatha Yoga

19:00 – 20:00 Hiit/Zaktraining

19:45 – 20:45 Spinning

Vrijdag (08:00 – 22:00)

09:30 – 10:30 Work-Out 4 all

19:30 – 20:30 Spinning

Zaterdag (08:00 – 16:00)

10:00 – 11:00 Hiit-Work-Out

11:00 – 12:00 Hiit-Work-Out

Woensdag (08:00 – 22:00)

09:30 – 10:30 Work-Out 4 all

18:30 – 19:30 CrossFun

19:30 – 20:30 CrossFun

Zondag (09:00 – 14:00)

10:00 – 11:00 Bootcamp