

GROEPSLESROOSTER

	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
09:00-10:00	Total Body Workout		Total Body Workout	Pilates	Total Body Workout		XCORE™ xco
09:30-10:30						Total Body Workout	
10:00-11:00	 YOGA		 YOGA		 POWER		
10:30-11:30						 POWER	
18:00-19:00				XCORE™ xco			
18:30-19:30	Total Body Workout	 YOGA	Total Body Workout				
19:00-20:00				 POWER			
19:30-20:30	XCORE™ xco	 ZUMBA fitness	 POWER				
20:00-21:00				 ZUMBA fitness			
20:30-21:30	 POWER		XCORE™ xco				