










Groepslesrooster

040FIT
EVERYBODY FIT

	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
09:00-10:00	Total Body Workout	Bodyshape 55+	 POWER CLUBJOY	Pilates	Total Body Workout	 XCORE BY XCO	
10:00-11:00	Pilates			Bodyshape 55+	 YOGA CLUBJOY	 YOGA CLUBJOY	
11:00-12:00						 ZUMBA fitness	
19:00-20:00	 POWER CLUBJOY	 XCORE BY XCO	Total Body Workout	Pilates			
20:00-21:00	 XCORE BY XCO	 YOGA CLUBJOY	 ZUMBA fitness	 POWER CLUBJOY			

Dit rooster gaat in per 15 januari 2024