



GROEPSLESSEN

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG
14.00 - 15.00 SMALL GROUP TRAINING	09.00 - 10.00 SMALL GROUP TRAINING	07.00 - 08.00 HIT IT UP CIRCUIT	09.00 - 10.00 SMALL GROUP TRAINING	09.00 - 10.00 YIN YOGA
19.15 - 20.00 BOOTY WORKOUT	14.00 - 15.00 SMALL GROUP TRAINING	14.00 - 15.00 SMALL GROUP TRAINING	14.00 - 15.00 SMALL GROUP TRAINING	09.30 - 10.30 BOOTY SMALL GROUP
20.00 - 21.00 KICKBOXEN	19.30 - 20.30 BOOTCAMP	15.30 - 15.00 KIDBOXING 10+	19.00 - 20.00 BOOTCAMP	14.00 - 15.00 SMALL GROUP
20.15 - 21.00 YOGA		16.00 - 17.00 FULL BODY CIRCUIT FOR ALL	20.00 - 21.00 KICKBOXEN	
		17.30 - 18.15 BOOTY WORKOUT		
		18.30 - 19.30 PILATES		

Onefit


classpass