

# ROOSTER GROEPSFITNESS

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
	9:30 <b>Bodypump</b>	9:30 <b>pilates/yoga</b>				
				10:00 <b>pilates/yoga</b>	11:00 <b>Spinning</b> (45 min)	11:00 <b>Spinning</b> (45 min)
					12:00 <b>Hatha Yoga</b> (90 min)	12:00 <b>Bodypump</b>
					14:00 <b>Bodypump</b>	13:00 <b>Kickfun</b>
						16:00 <b>Hatha Yoga</b> (90 min)
18:00 <b>Bodypump</b>	18:00 <b>Hatha Yoga</b>	18:00 <b>Zumba</b>	18:00 <b>DJ Spin That Wheel!</b> (45 min)	18:00 <b>Bodypump</b>		
19:00 <b>Spinning</b> (45 min)	19:00 <b>Bodyshape</b>	19:00 <b>Bodypump</b>	19:00 <b>Bodyshape</b>	19:00 <b>Kickboxing</b>		
20:00 <b>Power Yoga</b>	20:00 <b>Kickboxing</b> (45 min)	20:00 <b>Spinning</b> (45 min)	20:00 <b>Kickfun</b>			

*clubsportive* 

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