

## ROOSTER GROEPSFITNESS

		ZAAL 1		ZAAL 2		ZAAL 1 EXTRA
MA	9.30				10.00	Buikspier- kwartier
	10.00				12.15	Cross fit
	18.00	Pilates			18.30	Buikspier- kwartier
	19.00	Bodypump	19.00	Spinning		
	20.00	Zumba			20.15	Boks- kwartier
DI	09.30	Rock Bottom				
			12.15	Spinning		
	18.30	Kickboxing				
	19.00	Bodyshape	19.00	Spinning	18.30	Buikspier- kwartier
	20.00	Yoga				
WO	9.30				10.30	Buikspier- kwartier
	18.00	Total Body Workout			18.30	Buikspier- kwartier
	19.00	Zumba				
	20.00	Power Yoga			20.00	Boks- kwartier
DO	9.30	Hatha Yoga			10.30	Buikspier- kwartier
	12.15		12.15	Spinning		
	18.00	Bodypump			18.30	Buikspier- kwartier
	19.00	(Mat) Pilates				
	19.30		19.30	Spinning		
	20.00	Kickboxing				
VR	9.30				10.00	Buikspier- kwartier
	12.15	Bodypump			12.15	Cross fit
	17.30	(Mat) Pilates			18.30	Buikspier- kwartier
	18.30	Total Body Workout				
	20.15					
ZA	10.00				10.00	Buikspier- kwartier
	10.30		10.30	Spinning		
ZO	10.00		10.30	Spinning	10.00	Buikspier- kwartier
	10.30	Hatha Yoga				





