

Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag
Fat Burn 18:30-19:30	Shape Jumping 18:45-19:45	Yoga 08:45-09:45	Step Aerobic 18:45-19:45	BBB 08:45-09:45	Yoga 08:30-09:30
Shape Boxing 20:00-21:00	Bokszaktraining 18:45-19:45	Fat Burn 10:00-11:00	HIIT 20:00-21:00	Bokszaktraining 18:45-19:45	Week om week: -BBB 09:45-10:45 -HIIT 09:45-10:45
	Shape BBB 20:00-21:00	Step Aerobic 11:00-12:00			Week om week : -Fat Burn 11:00-12:00 -Step Aerobic 11:00-12:00
	HIIT 20:00-21:00	Fat Burn 17:30-18:30			
		Circuit Krachttraining 18:45-19:45			
		Yoga 18:45-19:45			
		HIIT 20:00-21:00			

Zaal Beneden

Zaal Boven