



| MAANDAG | | DINSDAG | | WOENSDAG | | DONDERDAG | | VRIJDAG | | ZATERDAG | | ZONDAG | |
|---------------|-------|-----------|-----|-----------|------------------|---------------|-------|---------|---------|----------|------------|---------------|----------------|
| | | | | 10u - 11u | Total Body Shape | | | 10u-11u | Pilates | | | 10u-11u | HIIT |
| | | | | | | | | | | 11u-12u | Club Power | 11u15 - 12u15 | Cross-Training |
| 18u30 - 19u30 | Zumba | 18u - 19u | BBB | 19u - 20u | Club Power | 18u30 - 19u30 | Zumba | 19u-20u | TBW | | | | |

TYPE LES



Kracht

Conditie

Mix



Body & Mind

