



# Groepslesrooster

## Maandag

09.00-10.00	Bodystep
10.00-11.00	BBB
16.00-17.00	Jumping Kids
18.30-19.00	CX WorX
19.00-19.30	Challenge
19.00-20.00	Bodystep
20.00-20.45	Jumping Fitness
20.00-21.00	Spinning
20.00-21.00	Boxing

## Woensdag

09.00-10.00	BodyPump
09.00-09.30	Challenge
10.00-11.00	BodyBalance
18.30-19.00	Challenge
18.30-19.15	Jumping Fitness
19.15-19.45	CX WorX
19.30-20.30	Boxing
19.45-20.45	BodyStep
20.00-21.00	Spinning

## Vrijdag

09.00-10.00	BBB
10.00-11.00	BodyStep
19.00-19.45	Jumping Fitness

## Zondag

09.15-10.00	Challenge
10.00-11.00	BodyBalance
11.00-11.30	HIIT

## Dinsdag

09.00-09.45	Jumping Fitness
10.00-10.30	Challenge Plus
17.00-18.00	Kids Fitness
18.30-19.30	Bodypump
19.30-20.15	Dancemash
20:30-21:30	BodyBalance

## Donderdag

17.00-18.00	Kids Fitness
19.15-19.45	HIIT
19.45-20.45	BodyPump

## Zaterdag

10.00-10.30	Challenge
09.30-10.30	BodyPump

## Openingstijden

Ma t/m do	08.00-22.00
Vrij	08.00-21.00
Za/zo	09.00-13.00

## Kinderopvang

Ma	09.00-11.00
Wo	09.00-11.00
Vrij	09.00-11.00