

**LESROOSTER
FITNESSZAAL
JANUARI 2019**

TIJD	LES
MAANDAG	
10.00 – 11.00	FULL-BODY
16.00 – 17.00	KIDSTRAINING
19.00 – 20.00	FULL-BODY
20.00 – 21.00	CROSSGYM
DINSDAG	
09.00 – 09.30	BUIK
20.00 – 21.00	FULL-BODY
WOENSDAG	
09.00 – 09.30	BUIK
15.00 – 15.30	BUIK
19.00 – 20.00	FULL-BODY
20.00 – 21.00	CROSSGYM
DONDERDAG	
09.00 – 10.00	FULL-BODY
18.30 – 19.30	FULL-BODY
19.30 – 20.30	CROSSGYM
VRIJDAG	
09.00 - 10.00	FULL-BODY
10.00 – 10.30	BUIK
16.00 – 17.00	KIDSTRAINING
19.00 – 20.00	CROSSGYM
ZATERDAG & ZONDAG	
10.00 – 11.00	FULL-BODY